BEST FOR SPORT, SKY & STREAMING

MORE CHANNELS THAN ANY OTHER TV MAG!

4-10 OCTOBER 2025

TV&Satellite UK

NEW

THE CELEBRITY TRAITORS

Who'll be murdered in the castle?

NEW

FILM CLUB

Aimee Lou Wood's quirky comedy

NEW

THE WOMAN IN CABIN 10

Keira Knightley's killer thriller aboard a luxury superyacht

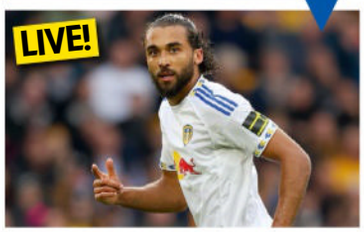
NEW

Frauds

Jodie Whittaker and **Suranne Jones** play con artists behind a huge heist

HotList This week's 28

Saturday 4



Premier League

***FOOTBALL** TNT Sports 1, Sky Sports Main Event & Sky Sports Premier League*

Leeds take on Tottenham Hotspur (k-o 12.30pm) for the first time since 2022/23, when Spurs scored four in both games. Later, Chelsea play Liverpool (5.30pm).

The Celebrity Inner Circle

***ENTERTAINMENT** BBC 1, 5.35pm*

Hosting a quiz show is de rigueur, and Amanda Holden (above) is the latest to step up, as celebrities show off their strategic thinking. A non-celeb version follows on Monday-Friday at 4.30pm.

The Essex Murders: Who Killed Goldfinger?

***FACTUAL** Sky Documentaries & Sky Showcase, 9pm (box set, Sky Box Sets/NOW)*

Examining the unsolved killing of Brink's-Mat criminal John 'Goldfinger' Palmer in 2015. *See Documentaries, page 21*

Rebel Country

***DOCUMENTARY** BBC2, 11.40pm*

A feature-length look at the changing face of country music, from Beyoncé's *Cowboy Carter* winning best country album at the Grammys to emerging stars of the genre including Jelly Roll.

■ Full listings start on **p35**

Sunday 5

F1: Singapore Grand Prix

***MOTORSPORT** Sky Sports F1, race starts at 1pm*

Following an eventful weekend in Baku, which saw championship leader Oscar Piastri crash out on the first lap, all eyes will be on Singapore's night race.

EDITOR'S CHOICE

Frauds

***DRAMA** ITV1, 9pm (box set, ITVX)*

Jodie Whittaker and Suranne Jones (both above) star in this heist thriller as friends Sam and Bert, who attempt one last job following Bert's release from prison. Continues tomorrow. *See feature, page 4*

Rob Brydon's Honky Tonk Road Trip

***TRAVELOGUE** BBC2, 9pm (box set, BBC iPlayer)*

Brydon (above) sets his satnav for the American South, as he explores the roots of country music. *See Documentaries, p20*

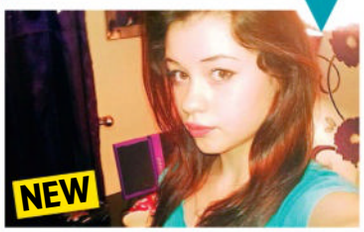
24 Hours in Police Custody

***DOCUMENTARY** C4, 9pm*

The series returns with a special two-part series that sees a murder enquiry conducted in Bedfordshire take some disturbing turns. Concludes tomorrow.

■ Full listings start on **p45**

Monday 6



Killer in the Family

***FACTUAL** Prime Video*

The case of the murder of 16-year-old Becky Watts (above), who went missing from her home in February 2015, and the horror for the family as they realised the killer was someone close to them.

Trace, Track, Get My Car Back

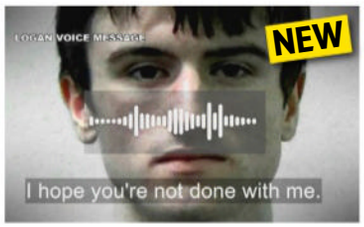
***FACTUAL** BBC 1, 2pm (box set, BBC iPlayer)*

With a vehicle stolen every four minutes, investigators work to track down the cars, and offer tips on how to avoid becoming a victim. Continues until Thursday.

Joe Wicks: Licensed to Kill

***FACTUAL** C4, 8pm*

Joe Wicks (above, left) teams up with *Operation Ouch!*'s Dr Chris van Tulleken for this eye-opening investigation into why over-processed foods are so bad for us.



Social Media Monsters

***DOCUMENTARY** C4, 10pm (box set, Channel 4 Streaming)*

This series examines crimes where social media has played a significant role, starting with Logan MacPhail (above) who murdered his former girlfriend.

■ Full listings start on **p55**

Tuesday 7

Women's Champions League

***FOOTBALL** Disney+, kick-off 8pm*

The women's competition kicks off with defending champions Arsenal facing Lyon. Chelsea and Manchester United play tomorrow. *See Sport week, page 28*

Murder Before Evensong

***DRAMA** 5, 9pm*

Matthew Lewis (above, right) stars as Canon Daniel Clement in this adaptation of the Rev Richard Coles' murder mystery. Amanda Redman (above, left) and Amit Shah also appear. *See feature, page 7*

Worlds Apart

***REALITY** C4, 9.15pm*

Six inexperienced Gen Z travellers are matched with six pensioners and sent on a treasure hunt through Japan, with a life-changing £50,000 up for grabs for the winners. *See feature, page 12*

Film Club

***COMEDY DRAMA** BBC3, 10pm & 10.30pm (box set, BBC iPlayer)*

Aimee Lou Wood (above, right) co-writes and stars as Evie, who is forced to reassess her feelings for best friend Noa (Nabhaan Rizwan). *See feature, page 11*

■ Full listings start on **p65**

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best shows

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Wednesday 8

The Lost Station Girls
CRIME DRAMA Disney+
French drama inspired by the real-life disappearance of a teenage girl and murders of three young women, which all took place near Perpignan train station. Stars Camille Razat (*Emily in Paris*).

Is it Cake? Halloween
COOKERY Netflix
Things take a spooky turn in the kitchen as the American baking competition returns with another Halloween special featuring celebrity judges, high-stakes games and some terrifying treats.

Killing Hitler
DOCUMENTARY National Geographic, 8pm
This three-part documentary tells the extraordinary story of more than 40 plots to assassinate Adolf Hitler and change the course of history, starting with failed attempts within Hitler's own inner circle.

The Celebrity Traitors
ENTERTAINMENT BBC1, 9pm
Claudia Winkleman oversees proceedings as celebs including Sir Stephen Fry and Clare Balding play the game of deception. Continues tomorrow. *The Celebrity Traitors: Uncloaked* follows on BBC2. *See feature, p8*

■ Full listings start on **p75**

Thursday 9

Victoria Beckham
DOCUMENTARY Netflix
Following Netflix's Emmy-winning *Beckham*, the intimate portrait of Sir David Beckham, the focus turns to his wife (above), the former Spice Girl who's now a lauded fashion designer. *See Your Watchlist, p16*

Boots
COMEDY DRAMA Netflix
Coming-of-age LGBTQ+ comedy drama based on Greg Cope White's memoir, about a closeted teen, Cameron (Miles Heizer), who decides to sign up to the US Marine Corps. *See Your Watchlist, p16*

Celebrity Help! My House Is Haunted
FACTUAL Discovery+
Season five of the paranormal-investigation series starts with the team visiting electro-pop icon Gary Numan at his Highland castle. *See feature, page 12*

International Friendly: England v Wales
FOOTBALL ITV1, kick-off 7.45pm
The Three Lions take on Craig Bellamy's Wales for a friendly fixture at Wembley. Meanwhile, Scotland face Greece in a World Cup qualifier (BBC2, k-o 7.45pm).

■ Full listings start on **p85**

Friday 10

The Woman in Cabin 10
THRILLER Netflix
Keira Knightley (above) stars in this psychological thriller as a journalist on a luxury yacht, who is the only witness to a murder – which no one else believes has taken place. *See feature, page 6*

The Last Frontier
THRILLER Apple TV+
US Marshal Frank Remnick (Jason Clarke) attempts to keep an isolated Alaskan town safe after a transport plane crashes, setting free dozens of prison inmates. *See Your Watchlist, page 14*

John Candy: I like Me
DOCUMENTARY Prime Video
Colin Hanks directs this portrait of the Canadian star of films including *Splash* (with Colin's dad, Tom) and *Planes, Trains & Automobiles*, who died in 1994 aged 43. *See Your Watchlist, page 17*

Grow
COMEDY Sky Premiere, 6.45am & 4.40pm
A Roald Dahl-esque comedy about a young girl who is sent to live with her aunt on a farm, where she works her magic on the produce as she prepares for a pumpkin competition. *See review, p23*

■ Full listings start on **p95**

4-10 OCTOBER 2025

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Keira Knightley stars in Netflix's *The Woman in Cabin 10*, Matthew Lewis plays a clergyman in *Murder Before Evensong* on 5, Claudia Winkleman oversees *The Celebrity Traitors*, plus Aimee Lou Wood stars in comedy *Film Club*

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ALL TRANSMISSION DETAILS GIVEN ARE CORRECT AT THE TIME OF GOING TO PRESS. COVER PHOTOS: MOMENTUM TV/ITV, BBC/GAUMONT/BEN BLACKALL, PARISA TAGHIZADEH/NETFLIX. HOTLIST WORDS: LYNETTE BRIGHTON, RACHEL PRICE. HOTLIST PHOTOS: GETTY, SHUTTERSTOCK

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PARTNERS in crime

Jodie Whittaker and Suranne Jones are con artists taking on one last heist in Spain

NEW DRAMA

Frauds

Sunday & Monday, 9pm, ITV1 (box set, ITVX)

Two of Britain's biggest TV stars team up to carry out an audacious art heist in ITV1's six-part crime caper *Frauds*.

Gentleman Jack's Suranne Jones, who co-created the series, and *Doctor Who*'s Jodie Whittaker play old friends and con artists Bert and Sam, who join forces when Bert is released from a 10-year stretch in a Spanish prison after being diagnosed with terminal cancer.

The con woman is determined to go out with a bang, and begs her old pal Sam to help pull off one last job – stealing a priceless Salvador Dalí painting from a Madrid museum.

Sam has tried to tread a different path since the friends parted ways a decade ago, but she finds herself helping Bert assemble a ragtag team of misfits – including fixer Celine (Kate Fleetwood), magician's assistant Jackie (Elizabeth Berrington) and expert forger Bilal (Karan Gill) – to break into the museum to carry out the theft.

We met up with Jones, 47, and Whittaker, 43, to hear more…

JODIE WHITTAKER ON PLAYING SAM

Why did you sign up for *Frauds*? Often on TV, female characters are struggling to make ends meet or trying to protect something. But Sam and Bert do what they want, which is refreshing. It's an emotionally challenging show, but it's such a laugh as well. Every moment of the heist is fuelled by what has happened in the past and that creates its own mystery.

What kind of friendship do Sam and Bert have? They have known each other throughout their entire lives essentially. They met in their late teens and have lived in southern Spain ever since, leading a life of crime and having a laugh. But that was then. Now we meet them on the first day of Bert's release from a 10-year prison stretch which was the result of a job they did that went wrong. In those 10 years, Sam hasn't visited and now Bert's out early on compassionate leave because she has cancer. So Sam is racked with the guilt of abandoning her.

Why does Sam team up with Bert again? If the gang can manage to get this massive picture out of an art gallery, it will bring enough money to set them all up financially. One of the most fascinating things about Sam is her backstory. She gave up a daughter for adoption when she was young and now she wants to find her, and be someone who her daughter would be proud of.

Did you enjoy filming in Spain? It was amazing. I've been to the south of Tenerife as a kid on family holidays but never realised how much we'd missed by not heading up north. It rained a lot, but it didn't matter because it was stunning. However, unlike my character, I don't speak a word of Spanish, so thank goodness for Google Translate!

WORDS: SEAN MARLAND. PHOTOS: ITV, SHUTTERSTOCK

'It's the story of a toxic female friendship, but it's a fun show'

SURANNE JONES

Whittaker (left) and Jones as Sam and Bert

SURANNE JONES ON PLAYING BERT

Bert and Sam hit the road

How did you come up with the idea? I worked with co-creator Anne-Marie O'Connor on ITV1 drama *Maryland*, which was a very quiet, old-fashioned show, and we felt like we wanted to do a bigger series, centred on female relationships. We decided on a heist story, because it's often quite a male genre. *Frauds* is the story of a toxic female friendship, but it's a fun show and it shouldn't be taken too seriously because the characters don't take themselves too seriously.

What can you tell us about Bert? When she was younger, she was taken to Spain by her mother who bought a drag club with this woman, Miss Take [Talisa García]. Bert was working at a very early age, stealing out of drunk people's pockets – until Bert's mum met a guy who had a big credit card and Bert never saw her again. So it's no fault of Bert's that she turned out the way she did because she was unwanted and unloved. It wasn't the best start in life.

Talisa García as Miss Take

What kind of friendship do Bert and Sam have? They met when they were teenagers, but as they got older Sam wanted a simpler life and to find the daughter she had given up for adoption. She needed Bert less and less. But Bert couldn't understand why things had changed, because basically Bert's still a teenager.

How would you describe your look for this role? We assumed Jodie would be blonde, but one of the first things she said was, 'I'm not dyeing my hair!' so we decided I would do something with mine. I decided I'd go blonde, which was a bit of a fight with ITV. It's slightly shorter on one side because Bert cut her own hair in prison and dyed it herself!

Museo Reina Sofía in Madrid

NIGHT AT THE MUSEUM

While most of *Frauds* was shot in Tenerife, the production team was thrilled when they were granted permission to film in Madrid's prestigious modern-art museum, Museo Nacional Centro de Arte Reina Sofía. The gallery is the real-life home to the Salvador Dalí painting that Sam and Bert try to steal in the series.

'Co-creator Anne-Marie O'Connor and I were walking around the museum in the middle of the night, because it was closed just for us,' reveals series co-director Giulia Gandini. 'We were both thinking, "Yeah, we could steal something – we could pull this off!"'

Keira Knightley sets sail on a luxury yacht for a chilling murder mystery...

Hidden depths

Lo Blacklock
Keira Knightley
The seasoned journalist hopes her assignment on a lavish yacht will be something of a respite – until she witnesses a murder.

NEW THRILLER
The Woman in Cabin 10
From Friday 10 October, Netflix

A star-studded cast including Keira Knightley, Guy Pearce, Hannah Waddingham, David Morrissey and Art Malik find themselves under suspicion when a woman is thrown off a luxury superyacht in Netflix's new high-tension thriller *The Woman in Cabin 10*.

Based on the bestselling novel by Ruth Ware, the stylish film adaptation stars Knightley as burnt-out investigative journalist Lo Blacklock, who's delighted to be given a three-day, all-expenses-paid assignment on a multimillion-pound superyacht.

Things take a sinister turn, however, when Lo wakes on the first night to witness a woman being thrown overboard from cabin No 10. Yet despite raising the alarm, the captain insists that nobody is missing and her fellow passengers assume that she's simply imagined it.

What follows is a story packed with suspense and rising tension as Lo battles to prove who was murdered and why, while fending off increasingly chilling attempts to have her silenced.

Here, Knightley, 40, reveals more…

Tell us a bit about your character, Lo... She's a journalist and you meet her after she's been traumatised while working on a story. Somebody she should have been protecting dies. She thinks that this cruise job will be easy, but it turns into this very dramatic tale. And because it's a boat you think, 'If there's a killer on board then there's no way off!'

How does Lo investigate the crime? Lo is dogged, and once she knows that something's going on, she doesn't take no for an answer. I really like her power and determination. Everybody tells her she's wrong or that she's crazy, but she doesn't care. She just keeps going and going.

> **'Everyone tells her she's wrong or that she's crazy, but she doesn't care'**
> KEIRA KNIGHTLEY

Did you take inspiration from anyone for the role? At the beginning of filming, our director Simon Stone named all the really cool male stars of these 1970s thrillers, including Warren Beatty in *The Parallax View*. He basically said, 'That's who you're going to be.' It was great. If I didn't know what to do, I just thought, 'What would Warren Beatty do?'

How did you find filming on a real superyacht? It was challenging. We weren't allowed to touch the carpets, the walls, or sit on the furniture. We were also in the English Channel in autumn so the weather changed a lot. We definitely got cabin fever, but it all adds to the suspense and the film's sense of claustrophobia.

What was it like working with such an impressive ensemble cast? It was amazing. Guy Pearce is a sensational actor while David Morrissey and Hannah Waddingham play a married couple who are passengers. I really enjoyed what they did with that, because on the page they weren't as raunchy as they made them out to be when the cameras started filming!

WORDS: HANNAH DAVIES. STEVEN PERKINS. PHOTOS: 5, ALAMY, NETFLIX

Married couple Heidi and Thomas

Yacht owner Richard

WHO'S WHO IN *THE WOMAN IN CABIN 10*

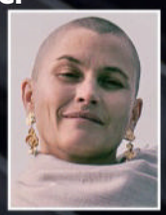
Richard Bullmer
Guy Pearce

The yacht owner organised the cruise to launch a new cancer foundation. But is he all he appears to be?

Dr Mehta
Art Malik

Anne's doctor is on board the yacht to take care of her as her health deteriorates.

Anne Bullmer
Lisa Loven Kongsli

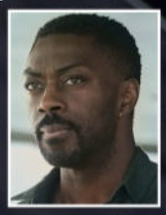


Richard's wife has cancer and specifically requested that Lo cover the charity's launch.

Heidi Heatherley
Hannah Waddingham

A patron of the foundation who turns on Lo when she says someone has been thrown overboard.

Ben Morgan
David Ajala



Lo's ex-boyfriend is a photojournalist who doubts her story about the murdered passenger.

Thomas Heatherley
David Morrissey

Heidi's husband admits that he and Heidi have a volatile marriage. But what else is he hiding?

DEATHLY hallows

Audrey, Daniel (centre) and DS Vanloo

Lewis (right) with Daniel Radcliffe in *Harry Potter and the Order of the Phoenix*

Harry Potter's **Matthew Lewis** is a crime-solving clergyman

NEW DRAMA

Murder Before Evensong
Tuesday, 9pm, 5

The Reverend Richard Coles' debut novel *Murder Before Evensong* enchanted millions of readers when it was published in 2022, and now it comes to 5 in a six-part adaptation starring Harry Potter's Matthew Lewis.

Set in the 1980s in the fictional village of Champton, the series begins with Canon Daniel Clement (Lewis) discovering a dead body in his church. The killing sends shock waves through the community, and when DS Neil Vanloo (Amit Shah) arrives to investigate, Daniel is forced to look at his parishioners in a new light.

'Neil's cynicism is interesting to Daniel, because he approaches his congregation from a perspective of optimism,' Lewis, 36, tells *TV&Satellite Week*. 'He sees no reason why people would lie to him; they're all friends, it's a close-knit community. But Daniel's naivety is challenged, and he suddenly thinks that everyone is lying to him.'

Although the series draws heavily from the book, some changes have been made for the TV version, with Coles' blessing.

'Richard understood that we were making an adaptation and that it was a different form of storytelling,' says *Happy Valley* star Shah, 44. 'We've really pushed the boundaries, made it quite edgy and dark in places.'

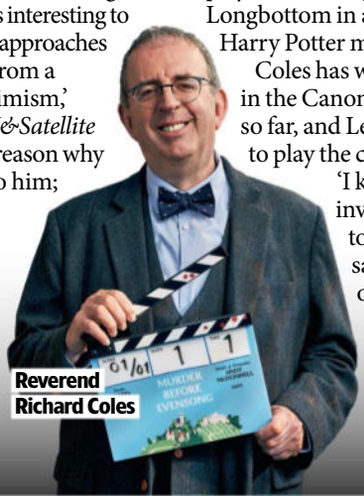
The Good Karma Hospital's Amanda Redman stars as Daniel's widowed mother, Audrey, who has come to live at the vicarage with him after being left in dire financial straits by Daniel's late father.

A BRIGHT FUTURE?

'Amanda is very special; she's done this for a long time and understands how TV works,' says Lewis, who played bumbling but heroic Neville Longbottom in all eight of the Harry Potter movies.

Coles has written five stories in the Canon Clement series so far, and Lewis would be keen to play the character again.

'I know everyone involved would love to keep it going,' he says. 'It just depends on how this one goes down and whether viewers enjoy it or not. Let's hope so!'



Reverend Richard Coles

Fame and mis

An all-star cast joins **Claudia Winkleman**'s game of deception in the Scottish Highlands

NEW ENTERTAINMENT

The Celebrity Traitors

Wednesday & Thursday, 9pm, BBC1

The Scottish Highlands beckon once more as Claudia Winkleman invites 19 celebrities to play her BAFTA-winning game of deduction and manipulation in *The Celebrity Traitors*.

The nine-part series sees an all-star cast – including Jonathan Ross, Tom Daley and Clare Balding – take up residence in the castle to compete in a variety of missions to earn up to £100,000 for their chosen charity. But a small group of them will be selected as Traitors, with a covert mission to meet at night and 'murder' their fellow players, eliminating them from the game. Will the Faithful be able to outwit and apprehend the double-agents, or will the Traitors emerge triumphant?

Here, Winkleman, 53, reveals what's in store…

How did you feel when the idea of a celebrity edition of *The Traitors* was put to you? I was scared. But only because I'm in love with this show, and I wanted to keep it small – once a year, or maybe once every two years, felt like enough. My bosses, thank goodness, ignored everything I said.

What does it mean to have celebrity fans of the show who wanted to take part? It's an absolute honour. I could barely breathe when I saw them all in the Highlands; I'm such a fan of every single one of them. When I talked to Stephen Fry, I almost welled up. I told him, 'This was my dream'. We're incredibly lucky to have the cast that we have.

How did the celebs take to the show? They were incredibly smart and kind. They played the game beautifully, and were fully engulfed in it. It was an extraordinary experience, and we're so lucky that these 19 said yes. It's something we never take for granted, so we are grateful for that. But I am desperate to help them all the time. Sometimes I try and drop big clues, but my producer tells me off!

WORDS: STEVEN PERKINS. ALISON SLADE. PHOTOS: BBC, ITV.

Charlotte Church
Singer and activist, 39

Tameka Empson
Actor and comedian, 48

Joe Marler
Podcaster and former England rugby player, 35

Lucy Beaumont
Comedian, 42

Sir Stephen Fry
Actor, writer and presenter, 68

Alan Carr
Comedian, 49

Kate Garraway
Broadcaster, 58

fortune

Filming takes place at Ardross Castle

Were there any unexpected difficulties in playing the game with celebrities? The biggest challenge was being 'strict' – all I wanted to do was chat and be friendly, but my role is aloof and grumpy. My family and I are obsessed with Joe Wilkinson, so I had to stop myself getting his autograph for my son.

Your outfits on the show are always eye-catching. What can we expect from your wardrobe this series? It's absolutely nuts. 'Unhinged in taffeta' is where we have gone!

● Companion series *The Celebrity Traitors: Uncloaked* hosted by Ed Gamble airs immediately after each episode on BBC2

STORY OF THE WEEK

SOAP WEEK

This week's soaps at a glance

Charity makes a big decision

EMMERDALE

Charity discovers she's carrying her and Ross' baby...

» **As Sarah and** Jacob's excitement mounts about becoming parents, so, too, does Charity's anxiety. The Woolpack landlady stepped up to be a surrogate for the pair via IVF, but knows the baby growing inside of her may actually be the product of her one-night stand with Ross.

Sarah is in the dark

Having done a DNA test at Ross' behest, Charity chases up the results, then breaks down on Chas. Her worst fear has been realised – the baby is hers and Ross'. Chas is stunned as her cousin explains everything, and she encourages Charity to be honest with her family. But Charity knows this will destroy both her relationship with granddaughter Sarah and her marriage to Mackenzie so, instead, she books a termination.

Chas insists this isn't the answer, but Charity argues it's the only way out of her nightmare. Sarah and Jacob remain oblivious, and Charity's utterly guilt-ridden when they later show her a memory box they're creating for 'their' little one. Is she about to burst their bubble?

» **PLUS** April becomes more vulnerable as she moves out of home, Gabby recruits Charles to give her and Vinny marriage counselling, and there's friction between the Kings and Tates when Lucas and Carl fight.

whattowatch.com/soaps

ALSO IN THE SOAPS THIS WEEK...

CORONATION STREET

» Asha takes an overdose (above), a dark secret from the past is unearthed when Tim's childhood girlfriend tips up, Kevin learns of Abi and Carl's affair, Theo returns, and Todd has a hospital appointment for possible bowel cancer.

EASTENDERS

» Ben (right) gets day release from prison to attend Jonno's funeral, the Mitchell clan find out that Callum is with Johnny, Joel hits Vicki, Harry turns to Teddy for help, and Eve tells Suki she wants them to adopt a baby.

Iconic *Italian* destinations

Sicily

8 days from £1,589PP

April to October 2026

Your experiences

- Take a guided tour of Agrigento's ancient Greek ruins in the Valley of the Temples - one of the world's greatest archaeological sites
- Wander around Taormina, one of Italy's most beautiful and stylish hilltop towns
- Visit Mount Etna, the largest active volcano in Europe
- Enjoy authentic Sicilian food at a farmhouse, and visit Syracuse - one of the ancient Greek empire's richest cities and home of Archimedes
- Embark on a guided tour of Piazza Armerina's Roman villa, with remarkably preserved frescoes and ancient mosaics

Pompeii, Capri & the Bay of Naples

8 days from £1,399PP

April to November 2026

Your experiences

- 3 guided tours including Naples, Sorrento and Pompeii
- 3 visits including the Sorrento countryside, the Rufolo Gardens and charming hilltop Ravello
- Take a boat trip to the stunning island of Capri
- Travel along the Amalfi Coast

Puglia & Basilicata: Lecce, Alberobello & Matera

8 days from £1,499PP

April to October 2026

Your experiences

- 3 guided tours, including Lecce, Matera and Bari
- A visit to Alberobello, the UNESCO-protected capital of trulli, and Gallipoli
- A winery tour and tasting
- A tasting at a local olive oil mill

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Noa and Evie

Reel love

Nabhaan Rizwan and Aimee Lou Wood share a passion for movies in a quirky romcom

NEW COMEDY DRAMA

Film Club

Tuesday, 10pm & 10.30pm, BBC3 (box set, BBC iPlayer)

Thanks to her Emmy-nominated performance as empathic – but ultimately ill-fated – tourist Chelsea in the last run of *The White Lotus*, Aimee Lou Wood has firmly cemented her status as a talent to watch.

Now, she is tackling a very different role as a vulnerable movie buff in BBC3's bittersweet romantic comedy drama *Film Club*, which she has co-created with her friend, actor Ralph Davis (*House of the Dragon*).

'We wanted to bring back the romcoms of yesteryear,' explains Wood, 31. 'Characters like Meg Ryan in *When Harry Met Sally…* or Holly Hunter in *Broadcast News*. We wanted to bring back that nostalgia and show nerds and neurotic, messy people falling in love.'

The six-parter sees Wood play Manchester-based Evie, who watches a different classic movie every week as part of a film club that includes her best pal, barrister Noa (*Kaos*' Nabhaan Rizwan), and new recruit Dominic, played by Davis.

PERFECT PAIR

With their sensitive natures and shared love of the silver screen, Evie and Noa are clearly made for each other. But, in classic movie style, there are obstacles to them getting together. Evie already has a boyfriend, Josh (Adam Long), plus she hasn't left the house of her mum Suz (Suranne Jones) for six months after having a breakdown.

Ralph Davis and Aimee Lou Wood

Evie's sister Izzie and mum Suz

Meanwhile, Noa has just landed a new job in Bristol, and must pluck up the courage to tell Evie he is moving away. Will their impending separation force them to confront their true feelings for each other?

'We wanted to capture that moment where everyone is at different stages of life, and they don't know where they should be,' says Wood, who came to fame with her BAFTA-winning role as kindly student Aimee in comedy series *Sex Education*. 'For some people a triumph is just getting to the corner shop or getting up and doing another day.'

DRESSING UP

As a devoted film fan, Wood relished the scenes where Evie decorates the club's 'cinema' – a friend's garage – in the style of each blockbuster, and also loved the chance to wear Evie's range of film-related costumes.

'I had a crow outfit [from *The Shawshank Redemption*] which was very Alexander McQueen,' she smiles. 'And I loved my Ripley jumpsuit from *Alien*!'

WORDS: CAREN CLARK. PHOTOS: BBC

LOOK WHO'S BACK...

A familiar face appearing in a new role this week

Amanda Holden

NEW The Inner Circle

Sat, 5.35pm, & Mon-Fri, 4.30pm, BBC1

1999

Born in Portsmouth in 1971, Amanda Holden began her TV career in 1994 by playing market stall worker Carmen in several episodes of *EastEnders*. Her acting credits include ITV comedy drama *The Grimleys* (inset), *Hearts and Bones*, *Cutting It* and *Wild at Heart*, while she's now best known as a judge on *Britain's Got Talent*. She'll soon return with Alan Carr for a new run of their renovation series, this time called *Amanda and Alan's Greek Job*.

HER NEW APPEARANCE

This week, Holden hosts her very first quiz show, where players are tested on their general knowledge to win money while deciding if they can trust their fellow contestants. It kicks off with a celebrity special on Saturday before running every weekday. 'I feel so lucky in my career that I've done basically everything and I thought this would add another string to my bow,' says Holden. 'I'm usually doing these shows alongside a man, but it's amazing having your own thing. I'm officially the boss lady!'

Holden asks the questions

WORDS: IAN MACEWAN, RICHARD MCCLURE, ELAINE REILLY, VICTORIA WILSON. PHOTOS: BBC, C4, DISCOVERY+, GETTY, ITV, SHUTTERSTOCK, SKY

Gary Numan opens up his Scottish home to paranormal investigators...

Searching for spooks

NEW FACTUAL

Celebrity Help! My House Is Haunted

From Thursday 9 October, Discovery+ (released weekly)

When synth-pop pioneer Gary Numan bought a 19th-century Highland castle in 2022, he had no idea that he and his family would find themselves in the supernatural company of mysterious apparitions and spectres.

This week, the iconic hitmaker behind *Are 'Friends' Electric?* and *Cars* invites paranormal experts Ian Lawman, Barri Ghai and Katrina Weidman into his house for the opening episode of *Celebrity Help! My House Is Haunted*, returning for its fifth season on Discovery+.

We caught up with Numan, 67, for a video chat during his current US tour, which comes to the UK in November…

What prompted you to take part in the programme? We bought the house in Scotland with the idea of having a base in Britain and also renting it out, but things started to happen. I've heard voices in the night, my daughter Raven's bedroom-door handle rattles, my daughter Persia has seen a woman drift across her bedroom and a man who leans over her bed, while my wife Gemma has seen a young girl in the basement.

What outcome were you hoping for? I absolutely believe in the paranormal and it terrifies me. But

Generation GAME

The contestants line up in Japan

Young and older Brits pair up in Japan on a **new challenge show**

Numan at home with daughters Raven and Persia

On stage earlier this year

I don't want to get rid of it. If there are things in the house, and I believe there are, then we have to coexist, unless they're doing harm. As far as I'm concerned, they were here long before me and have every right to still be here.

Can you hint at what the paranormal team uncovered?
After we left to stay at a local hotel, they said they had a very eventful night! A historian also flagged up some shocking, darker things about a man who died in the house. But even though these things have happened, I still don't get a feeling that the house is malevolent.

Finally, how's the tour going?
It's good. I really like living on the tour bus. It's like camping with all your mates, while travelling from one gig to another. I often get up really early and watch the sunrise and the world go by. I've always felt very lucky to do this and very lucky to have the success that I've had.

NEW REALITY

Worlds Apart

Tuesday, 9.15pm, C4

Mixing the feel-good factor of *Race Across the World* with the challenges of *Destination X*, new generation-gap reality show *Worlds Apart* teams six youngsters with six senior citizens on a treasure hunt across Japan, with the winners collecting £50,000.

Across five episodes, the duos must decipher clues to reach their destinations, and earn prize coins in challenges, with the least successful pair eliminated each week.

It's a first opportunity to travel abroad for many of the youngsters, and a potential new lease of life for their older companions.

'I haven't travelled because of money,' says Katie, a 21-year-old community support worker from Warrington, who is paired up with 80-year-old widow Barbara. 'This is the first time I've travelled alone,' adds Barbara. 'Since my husband passed, I haven't had the confidence.'

For retired mental-health nurse Val, who joins 18-year-old Aaron, the trip is a much-needed boost. 'I'd always loved the idea of coming to Japan, but I wasn't sure I would make it because I have been feeling down,' she reveals. 'So I felt this might be a way to lift me up a bit.'

The other pairings are retired GP Tony and Blackpool teenager Emma, 24-year-old Londoner Lawrence and 68-year-old Rosie, Swansea supermarket worker Charlotte, 25, and retired plumber Colin, 73, and 19-year-old Tende with 73-year-old karaoke host Julie.

So will youth plus experience be a winning combination, or might the generation gap loom too large?

'The first thing that struck me was that Aaron was so much younger!' Val admits. 'But hopefully we will complement each other and do well.'

WHAT ELSE CAN I WATCH?

We search the TV schedules to uncover the shows you might have missed...

NEW

Later... with Jools Holland

Sunday, 10pm (N Ireland, 10.50pm), BBC2

Led Zeppelin legend Robert Plant (above, right) is among the guests as Jools Holland presents a new series of performances from Alexandra Palace in London. Also, pop-soul sensation Olivia Dean sings tracks from upcoming album *The Art of Loving* and joins Holland at the piano for a cover of Carole King classic *You've Got a Friend*.

Never Mind the Buzzcocks

Tuesday, 9pm, Sky Max & Sky Showcase

Host Greg Davies returns for a new 10-part run of the madcap music quiz, joined by team captains Sophie Willan and Noel Fielding, plus regular panellist Jamali Maddix. This week's guests testing their pop knowledge are Happy Mondays' Bez, fellow 'Madchester' rocker Clint Boon, singer and actor Patsy Kensit and Danny Goffey from Supergrass.

NEW

Grand Ole Opry Live: 100 Years of Country Music

Saturday, 8.40pm, BBC2

The famous musical showcase marks its centenary (see Documentaries, page 20) with its first ever live international broadcast. The concert at London's Royal Albert Hall features Luke Combs (right), Ashley McBryde, Carly Pearce, Darius Rucker and Marty Stuart, plus UK chart-toppers Mumford & Sons.

NEW

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Convicts escape the burning wreck

Prisoners were being transported

COLD justice

Jason Clarke is a US Marshal on the hunt for fugitives in Alaska's icy wilderness

tv+ The Last Frontier

NEW *Available: Friday 10 October Genre: Thriller Season: 1 Episodes: 10 (two eps from Fri 10 Oct, then weekly)*

Dangerous convicts are on the loose in Alaska, where one man stands between chaos and survival in new 10-part thriller *The Last Frontier*.

When a prison-transport plane crashes near a remote, peaceful Alaskan town, dozens of violent offenders escape into the snow-covered expanse, triggering mayhem in the local community.

Almost-retired US Marshal Frank Remnick (*Catherine the Great*'s Jason Clarke) races to protect the residents he's vowed to keep safe. Meanwhile, CIA agent Sidney Scofield (*The Magnificent Seven*'s Haley Bennett) arrives with her own agenda, focusing on one especially dangerous fugitive known as Havlock (*The Gold*'s Dominic Cooper).

But the stakes are raised when Frank's wife, Sarah (*Yellowjackets*' Simone Kessell), is kidnapped and he starts to suspect the crash could be part of a larger, more chilling plan…

DESPERATE SEARCH

'The downed plane and convicts at large are Frank's responsibility, and we follow him stumbling through the chaos that ensues,' says Clarke, 56, who also stars in the upcoming Disney+ true-crime drama *Murdaugh: Death in the Family*.

'I liked the idea of playing a good man with moral complexity, rather than a bad man who is morally challenged,' he adds. 'This story is a wild ride and the promise of adventure sealed the deal for me.'

Oscar nominee Alfre Woodard also stars as Sidney's CIA boss, Bradford, while *For All Mankind*'s Tait Blum plays Frank and Sarah's son, Luke, and *Reservation Dogs*' Dallas Goldtooth is Frank's second-in-command, Hutch.

Filmed in and around Quebec and Alberta, Canada, the series comes from the creator of *The Blacklist*, Jon Bokenkamp, and is directed by

Stars Simone Kessell and Dominic Cooper

'I like the idea of playing a good man with moral complexity'
JASON CLARKE

Clarke as Frank Remnick

Sam Hargrave, known for his work with Marvel and on The Hunger Games.

'Harsh elements demand focus and professionalism, and Sam and his stunt/camera team have it in spades,' says Clarke. 'There are non-stop fight sequences with helicopters and burning airplanes on the frozen tundra. Temperatures hit -25C, and when you add on wind chill and nights, it gets rough.'

Many of the cast engaged in rigorous physical training and stunt work, which is fully showcased in an action-packed first episode.

'I tried to do as much of my own stunt work as possible,' says Bennett, 37. 'I basically channelled Tom Cruise. I did get a concussion, though. But what took me down was a hair-and-make-up chair. I sat down, lost my balance and hit my head on the concrete floor. Next thing I know, I'm on a gurney on my way to the hospital.'

What we're watching...

The shows being enjoyed by the *TVSW* team

prime The Girlfriend

Genre: Thriller Season: 1 Episodes: 6

Wealthy Laura (*House of Cards*' Robin Wright) dotes on her son Daniel (*A Cruel Love: The Ruth Ellis Story*'s Laurie Davidson) and is suspicious of his new girlfriend Cherry (*House of the Dragon*'s Olivia Cooke), believing her to be a gold digger and not who she claims to be. Every episode of this highly addictive cat-and-mouse thriller goes back and forth, telling the story from each woman's perspective. Is Laura being overprotective, or is there a dark and dangerous side to Cherry?

Disney+ Only Murders in the Building

Genre: Comedy drama Season: 5 Episodes: 10 (released weekly)

The trio of amateur sleuths (Steve Martin, Selena Gomez and Martin Short) investigate the puzzling death of their building's beloved doorman.

NETFLIX AKA Charlie Sheen

Genre: Documentary Season: 1 Episodes: 2

Charlie Sheen (right) shot to fame in the 1980s with starring roles in *Platoon* and *Wall Street*, only to follow up his success by partying to excess. Here, he talks candidly about his turbulent life.

Now in production...

Three upcoming shows to look out for soon

NETFLIX Alley Cats

Ricky Gervais (above) has created a six-part Netflix animation for adults, airing next year and following the fortunes of a group of feral cats. He will also lend his voice to the series alongside Tom Basden, Kerry Godliman, Jo Hartley, Diane Morgan and Natalie Cassidy.

tv+ Berlin ER

Apple TV+'s medical drama, which centres on an overstretched emergency department in the German capital, will return for a second season, as Dr Ben Weber (Slavko Popadic), Dr Suzanna Parker (Haley Louise Jones) and their team face new challenges.

NETFLIX All the Sinners Bleed

In Netflix's nine-part adaptation of SA Cosby's novel, Sope Dirisu (above) will play a sheriff in the American South, as he embarks on a mission to stop a serial killer who thinks they have divine authority to enact their twisted crimes.

WORDS: CAREN CLARK; JUDY EWENS, REBECCA MAHONEY PHOTOS: ©2025 DISNEY AND ITS RELATED ENTITIES, APPLE TV+, GETTY, NETFLIX, PRIME VIDEO

Liam Oh and Miles Heizer as Ray and Cameron

Fighting spirit

A closeted teen makes **an impulsive decision** to join the Marines

NETFLIX Boots

NEW *Available: Thursday 9 October Genre: Comedy drama Season: 1 Episodes: 8*

After years of torment from school bullies, closeted gay teenager Cameron makes a pact with his straight friend Ray to join the US Marine Corps together in Netflix's offbeat coming-of-age story *Boots*.

To the dismay of his mother Barbara, Cameron signs up in the hope of reinventing himself, but upon arrival at boot camp, he's horrified at the physical and psychological pressure that he's expected to endure in order to prove himself. His first instinct is to quit and go home – until an unexpected feeling of camaraderie with his fellow rookies inspires him to stick it out.

'This group of boys who come from different places and backgrounds are put into an environment where they only have each other,' says *13 Reasons Why* star Miles Heizer, who plays Cameron. 'They need each other to survive.'

The series is set in 1990 when being gay in the US military was still illegal – so for Cameron, keeping his sexuality a secret is a matter of both safety and necessity.

Throughout the story, he faces a struggle between the person he is trying to become and the person he is inside, and for 31-year-old Heizer, who came out as gay at the age of 19, the themes of the series had a strong personal resonance.

EMOTIONAL JOURNEY

'A lot of queer people grow up trying not to stand out because we're not sure how people are going to respond,' he says. 'You end up holding in all these emotions, and the show does a great job of showing all those pent-up feelings coming out in this environment where Cameron's being pushed to his extreme limits.'

The series, which stars *Bates Motel*'s Vera Farmiga as Barbara and Liam Oh as Ray, doesn't shy away from portraying the extreme challenges that Marine recruits have to endure at boot camp.

'The directors wanted us to get as close as we could to the feeling of going through it, including actually going over the obstacle courses and assembling M16 rifles,' says Oh. 'It made me respect even more what actual Marines do.'

Vera Farmiga as Barbara

Victoria Beckham

Victoria's secrets

Cameras **follow the Spice Girl** turned fashion guru

NETFLIX Victoria Beckham

NEW *Available: Thursday 9 October Genre: Documentary Season: 1 Episodes: 3*

Emmy-winning docuseries *Beckham* lifted the lid on one of Britain's biggest celebrities when it got up close and personal with football legend Sir David Beckham in 2023. Now, it's the turn of his wife Victoria to come under the spotlight in a series made by the same team.

The former Spice Girl, aged 51, lets viewers into her life and career as she talks about her rise to pop stardom and her success as a fashion designer following the girl band's split two decades ago.

The three-parter features her husband and their children, alongside friend Eva Longoria and style gurus Tom Ford and Dame Anna Wintour, as the series follows Beckham while she prepares for Paris Fashion Week.

'I couldn't understand why anybody was that interested,' she says about making the series. 'But throughout the process, I've really enjoyed it. I love the fact that I have an opportunity to shine a light on our industry.'

Despite being so photographed, she admits it took a while to get used to the constant presence of cameras during filming.

'I had to leave my vanity at the door, because every time they were following me at work, I had a job to do preparing for a show,' she says. 'I had to turn a blind eye to the fact that they were there otherwise I wouldn't have got anything done.'

WORDS: CAREN CLARK, HANNAH DAVIES, STEVEN PERKINS. PHOTOS: 5, ALAMY, BBC, GETTY, ITV, NETFLIX, SKY

Candy crush

A star-studded tribute to comedy icon **John Candy**

John Candy

prime John Candy: I Like Me

NEW *Available:* ***Friday 10 October***
Genre: ***Documentary***

Canadian actor John Candy was a major star in the 1980s and 1990s starring in hit films such as *Planes, Trains & Automobiles*, *Uncle Buck* and *Home Alone*. But the much-loved comedy legend died suddenly aged 43 from a heart attack in 1994 at the height of his career.

Now, in a one-off documentary produced by *Welcome to Wrexham*'s Ryan Reynolds, Candy's former co-stars Steve Martin, Tom Hanks and Macaulay Culkin recall his life and career alongside archive interviews with the beloved star and previously unseen home videos.

'Working with John Candy was scary,' admits Hanks, who starred alongside him in the 1984 romcom *Splash*. 'I was such a big fan, so I was quite certain he could blow me off the screen without too much effort. When we were doing the scenes I had trouble not laughing. He was a very funny guy.'

Also appearing in the film are Mel Brooks, Eugene Levy, Dan Aykroyd and Bill Murray, plus Candy's widow Rose and his children, Jennifer and Chris, while we learn how he was haunted by a fear of his own mortality following his father's tragic death, also from a heart attack, when Candy was five years old.

With Macaulay Culkin in *Uncle Buck*

'There were real, serious, traumatic experiences that formed John and made him who he was,' says Tom Hanks' son Colin, 47, who directs the film and who met Candy on the set of *Splash*.

With Steve Martin in *Planes, Trains & Automobiles*

'He was an incredible human being and a kind, loving, generous spirit. But all of those qualities were coping mechanisms for a tremendous amount of pain and sorrow.

'John left an impression on me even as a kid. Macaulay Culkin [who co-starred with Candy in *Uncle Buck* and *Home Alone*] speaks about it in the documentary when he says, "He made you feel important." Even as a kid, John made you feel like your opinion mattered, and your emotions mattered. And that's 1,000% accurate, because that was definitely how John made me feel.'

EVERYONE'S TALKING ABOUT...

We point you towards the TV moments you won't want to miss on catch-up

5 All Creatures Great and Small

The return of 5's vet saga kicks off as World War Two is concluding but Siegfried (Samuel West) is on edge, so James (Nicholas Ralph) and Tristan (Callum Woodhouse, above with West) try to restore order.

sky box sets / Virgin / NOW Brassic

As the final run of Sky Max and Sky Showcase's comedy drama begins, Vinnie and his dodgy pals are trying to live a quiet life, but after they encounter a younger, rival gang in the lead-up to a wedding, chaos ensues and an owl is kidnapped...

ITVX The Hack

In ITV1's drama about the phone-hacking scandal, journalist Nick Davies (David Tennant, above with Robert Carlyle) is tipped off about rogue practices at the *News of the World*, and he teams up with the *Guardian* editor to uncover the truth.

BBC iPLAYER Waterloo Road

Jon Richardson (above) makes an intriguing debut in BBC1's drama as disruptive Darius Donovan, who takes drugs in his car before starting his new job as a media-studies teacher, while head Stella (Lindsey Coulson) has her own distractions.

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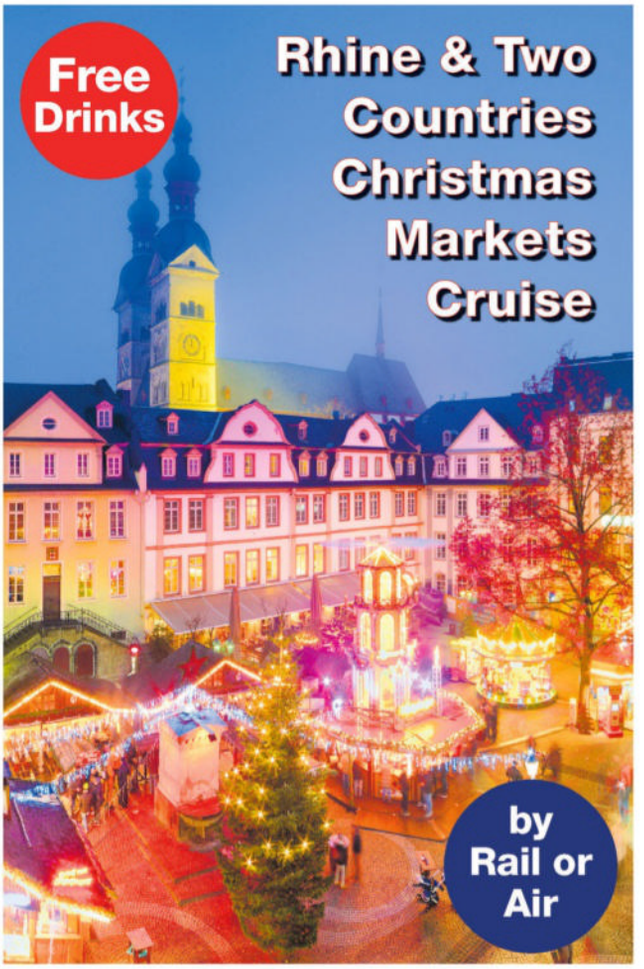

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Pick of the new releases

The best new shows to enjoy this week on streaming services...

The Threesome
Saturday 4 October

Romantic comedy drama. Connor (*The Tattooist of Auschwitz*'s Jonah Hauer-King) is infatuated with Olivia (*The Politician*'s Zoey Deutch) who is afraid of commitment. But when he meets Jenny (*Mare of Easttown*'s Ruby Cruz), it leads to a threesome with unforeseen, life-changing consequences.

Killer in the Family
Monday 6 October

True-crime docuseries about the murder of 16-year-old Becky Watts in 2015 whose dismembered body was found 12 days after she vanished from her Bristol home. Her 28-year-old stepbrother Nathan Matthews was subsequently found guilty of murder and his 21-year-old girlfriend Shauna Hoare guilty of manslaughter.

Ozzy: No Escape from Now

Ozzy: No Escape from Now
Tuesday 7 October

Ozzy Osbourne, who died in July, features alongside his wife Sharon and children Aimee, Kelly and Jack in this documentary about the late-night fall he suffered in 2019 and the subsequent life-changing impact of that accident, which ultimately led to him cancelling his farewell tour.

The Lost Station Girls
Wednesday 8 October

Emily in Paris' Camille Razat stars in a French crime drama inspired by events surrounding the real-life disappearance of a teenage girl and the murders of three other young women between 1995 and 2001 near the train station in Perpignan, southern France. It focuses on a fictional investigator's 20-year hunt for the serial killer.

Wizards Beyond Waverly Place
Wednesday 8 October

The second season of the children's comedy. Powerful young wizard Billie (Janice LeAnn Brown) grapples with the fact that being part of the Russo family might be more difficult than she thought, especially now that young Roman (Alkaio Thiele) and Milo (Max Matenko) have also become wizards.

Is It Cake? Halloween
Wednesday 8 October

In this Halloween special of the American baking competition series, the judges must decide if the frighteningly realistic objects put in front of them are cakes or fakes.

Boots
Thursday 9 October

Coming-of-age comedy drama based on a true story. In 1990, Cameron Cope (*13 Reasons Why*'s Miles Heizer), a bullied, gay high-school student impulsively joins the US Marine Corps in the hope that it will make him a 'real man'. See feature, page 16.

Victoria Beckham
Thursday 9 October

Docuseries from the makers of the Emmy Award-winning *Beckham* tracing Victoria Beckham's journey from pop star to her reinvention as a fashion designer, with access to the former Spice Girl, her family and those closest to her. See feature, page 16.

Richard Hammond's Workshop
Monday 6 October

In the fifth series, Richard Hammond harnesses social media to raise the profile of his classic-car restoration business, The Smallest Cog. He also has three new members of staff and makes bold management decisions.

Saquon
Thursday 9 October

Documentary about NFL running back Saquon Barkley, chronicling his time with the New York Giants, his recovery from an anterior cruciate ligament injury and his move to the Philadelphia Eagles, where he helped them win the Super Bowl. Martin Scorsese is an executive producer.

Celebrity Help! My House Is Haunted
Thursday 9 October

Electronic music star Gary Numan is the first celebrity in the fifth season of the reality series to call in the paranormal experts to find out if his home is haunted – in his case that's a 12-bedroom castle in Scotland. See feature, page 12.

John Candy: I like Me
Friday 10 October

Steve Martin and Tom Hanks are among those sharing their memories of *Planes, Trains and Automobiles* and *Uncle Buck* star John Candy who died in 1994, aged 43, in this documentary directed by Hanks' son Colin. See feature, page 17.

The Woman in Cabin 10
Friday 10 October

Keira Knightley stars in a mystery thriller as a journalist on board a luxury yacht for a travel assignment who witnesses a passenger falling overboard late at night, only to be told that it didn't happen. See feature, page 6.

Knife Edge: Chasing Michelin Stars
Friday 10 October

Docuseries from Gordon Ramsay's production company, following elite chefs over the course of a year as they pursue their dream of recognition from the *Michelin Guide*. Some are attempting to gain their first Michelin star, while others are trying to achieve a second or even an elusive third star. Food expert Jesse Burgess hosts.

Vicious
Friday 10 October

Horror. A late-night visitor tells Polly (Dakota Fanning) that she will die that night unless she puts three things inside a mysterious box – something she needs, something she hates and something she loves – leading her to navigate a series of impossible choices.

The Last Frontier
Friday 10 October

Action thriller. A US Marshal (*Brotherhood*'s Jason Clarke) in Alaska must protect his town when a prison transport plane crashes in the remote wilderness, setting free dozens of violent inmates. See feature, page 14.

Ice Cold Murders: Rocco Schiavone
Friday 10 October

In the sixth season of the Italian crime drama from Walter Presents, unorthodox detective Rocco Schiavone (Marco Giallini) returns to his life in Valle d'Aosta where he investigates the death of a young man in the mountains.

WORDS: JUDY EWENS. PHOTOS: DISCOVERY+, PARAMOUNT+, PRIME VIDEO

Documentaries

Rob Brydon

Country roads

Rob Brydon drives across America's Deep South to explore the history of country music

NEW TRAVELOGUE

Rob Brydon's Honky Tonk Road Trip

Sunday, 9pm, BBC2 (box set, BBC iPlayer)

Rob Brydon scored an unlikely No 1 hit with his twist on a country music classic – *(Barry) Islands in the Stream*, with *Gavin & Stacey* co-star Ruth Jones. Now he's hitting the road to explore the history of country music in America's Deep South in a three-part travelogue.

'It's a road trip to celebrate 100 years of [world-famous country-music radio show] the *Grand Ole Opry* and the current popularity of country music, and to learn more about it,' says Brydon. 'We begin and end in Nashville, but also go into Kentucky, North Carolina, Alabama, Missouri and Georgia.'

MUSICAL MEETINGS

In this week's first episode, Brydon is in Nashville, where he finds himself duetting with none other than Take That's Gary Barlow.

'Gary was out there by chance,' reveals *Destination X* presenter Brydon, who also meets rising British country star Twinnie-Lee Moore and duets with bluegrass veteran Marty Stuart, who toured with Johnny Cash. 'I hung out with Gary in Nashville, and he showed

Rebel Country

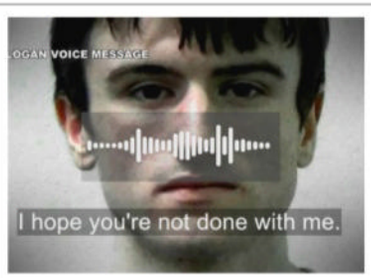
Saturday, 11.40pm, BBC2

A look at the new generation of country-music stars who are paving the way for fresh attitudes towards race, class and gender – from Nashville superstar Jelly Roll and country rapper Blanco Brown (above) to gay singer Brooke Eden and Beyoncé's *Cowboy Carter* album, which won Best Country Album at this year's Grammys.

The Taste Test Restaurant

Thursday, 7pm, 5

Tom Read Wilson and chef Mike Reid (both above) open the doors to their TV eaterie where diners deliver verdicts on supermarket foods. This week, they set up an Italian trattoria where a trio of Italian nonnas (grandmothers) are among those trying arancini and spaghetti carbonara.



Social Media Monsters

Monday, 10pm, C4 (box set, Channel 4 Streaming)

An examination of serious crimes where social media has played a significant role, including the tragic murder of 15-year-old Holly Newton whose former boyfriend Logan MacPhail (above) hacked into her accounts after she ended their relationship, tracked her movements, and killed her in 2023.

WORDS: NATASHA HOLT, IAN MACEWAN. PHOTOS: 5, BBC, C4, SKY

Meeting Elvis impersonators

me around one of the studios, and we noodled around with some music equipment.'

As well as exploring the history of country music, Brydon takes in the other attractions the Deep South has to offer. 'We look at the music, but also what wraps around it in terms of the lifestyle,' he says. 'This is a very different America, where people are living different lives. They work, play, worship, and are hugely courteous. The old cliché of southern hospitality is true.'

He adds that, driving along those country roads, he was very struck by the landscape. 'This is the land of pick-up trucks and porches, with white wooden church steeples everywhere, and abandoned barns in various states of disrepair. I thought that would make a good coffee table photo book: *Brydon's Busted Barns*!'

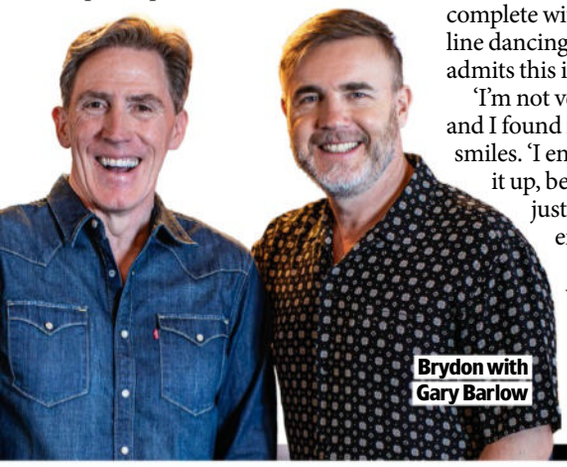
Elsewhere in the series, Elvis Presley fan Brydon gets to perform as an Elvis tribute act, takes a tour of Sun Studio, where the King recorded many tracks, and visits locations connected to his musical hero .

'We visit his birthplace – the actual shack in Tupelo, which still has the same stove and fireplace!'

And of course, no country-music travelogue would be complete without a spot of line dancing, though Brydon admits this isn't his strong suit.

'I'm not very good at dancing and I found it very difficult,' he smiles. 'I ended up having to ham it up, because I was so bad, just to slightly cover my embarrassment.'

So presumably he won't be signing up for *Strictly* any time soon? 'Absolutely not,' he insists. 'That will never happen!'



Brydon with Gary Barlow

Murder in Paradise: The Byron Bay Killings

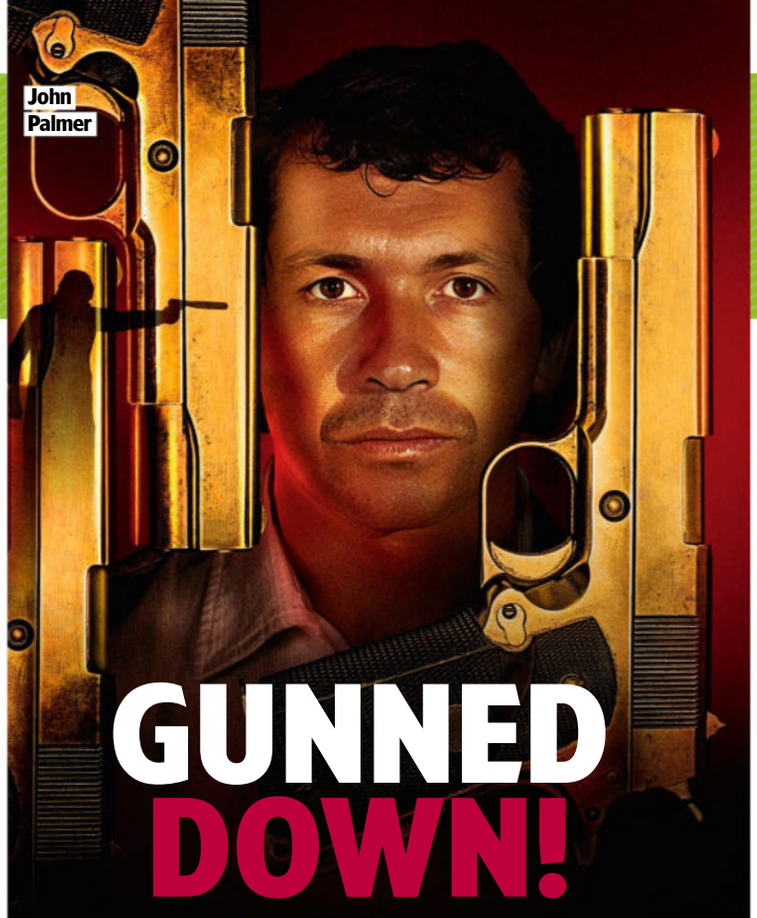
Sunday, 10.25pm & 11.20pm, C4

Along Australia's famous Byron Bay coastline, 67 women have gone missing since the 1970s, presumed murdered – but no one has stood trial. This two-parter follows Australian politician Jeremy Buckingham as he investigates the cold cases. Could they be linked to notorious serial killer Ivan Milat?

Joe Wicks: Licensed to Kill

Monday, 8pm, C4

Fitness coach and campaigner Joe Wicks (above) teams up with Dr Chris van Tulleken to reveal the damage ultra-processed products – including protein bars, ready meals and breakfast cereals – are having on the nation's health. To highlight the problem, Wicks even comes up with his own protein bar, called Killer.



John Palmer

GUNNED DOWN!

Who murdered Brink's-Mat robber **John Palmer**?

NEW FACTUAL

The Essex Murders: Who Killed Goldfinger?

Sat, 9pm, Sky Documentaries & Sky Showcase (box set, Sky Box Sets/NOW)

The gripping story of the 1983 Brink's-Mat robbery, where armed thieves stole £26 million of gold bullion and diamonds from a depot near Heathrow, was dramatised in BBC1 drama series *The Gold*, co-starring Tom Cullen as ruthless criminal John 'Goldfinger' Palmer.

Now, this three-part true-crime series looks at the murder of Palmer, the goldsmith who was accused of laundering much of the money from the heist by melting down the bullion and selling it on.

'John Palmer was a huge underground figure,' recalls crime reporter Jeff Edwards, who features in the documentary. 'He wasn't like other criminals. He was more dangerous, he was richer and most importantly he was much smarter, which made him in the minds of many people almost untouchable.'

But Palmer wasn't entirely invincible and in 2015 he was shot dead in the garden of his secluded Essex home in what appears to have been a professional hit.

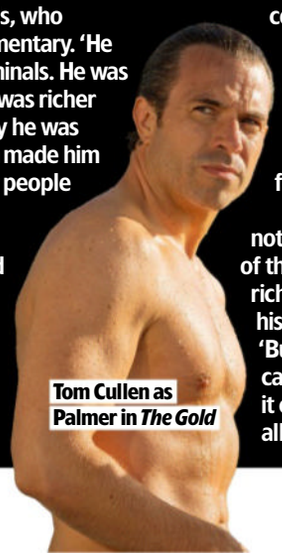
A decade on and the murder remains unsolved, but now former Met police detective David McKelvey is heading up a team to re-examine the case.

The series reveals how, after the Brink's-Mat robbery, Palmer lived in Tenerife, where he started a criminal enterprise based around timeshare apartments. A violent man, he defrauded people out of £30 million before he was sentenced to eight years in prison.

'He threatened me, my family, my kids, my house,' says former police officer John Redgrave. 'He was a vitriolic, nasty human being, but you can't behave like that without there being consequences. He thought he was untouchable, but no one is.'

McKelvey and his team investigate which of Palmer's many enemies could be responsible for his death, including a Brink's-Mat accomplice, the Irish and Russian mafias, and a mystery former employee.

'Palmer came from nothing to become one of the most notorious and richest criminals in UK history,' says McKelvey. 'But the empire he built came at a price and it created enemies all over the world.'



Tom Cullen as Palmer in *The Gold*

Films Our pick of this

MOVIE OF THE WEEK

The Life of Chuck

Tom Hiddleston leads a stellar cast in a wonderful, uplifting tale told backwards

FANTASY DRAMA

From Monday, buy or rent from digital stores including Prime Video and Sky Store ★★★★

Film-maker Mike Flanagan is a superb translator of Stephen King's stories – think *Gerald's Game*, *Doctor Sleep* – and even his non-King work such as the Netflix series *Midnight Mass* has strong echoes of the author within it. What's interesting about him adapting *The Life of Chuck*, though, is that, while he's regarded as a horror director, this King tale eschews the scary for something sweeter and more profound.

Told in three chapters and narrated by Nick Offerman, it follows Charles 'Chuck' Krantz (played by Tom Hiddleston as an adult, with Jacob Tremblay, Benjamin Pajak and Cody Flanagan as his younger versions) and the journey that made him the man he becomes. The fact it's told back-to-front becomes increasingly relevant as the film continues, as this strangely wholesome, life-affirming film cuts to the quick about the fleeting time we have on Earth – as well as highlighting what a great dancer Hiddleston is.

Other actors who make their mark include Mia Sara and Mark Hamill as Chuck's grandparents, Chiwetel Ejiofor and Karen Gillan as a teacher and his ex-wife, with undertaker Carl Lumbly also having a key poignant scene. It's a superb, deeply moving meditation on a life well lived. 2024, 15, 111MIN

STAR RATINGS ★★★★★ **Excellent** ★★★★ **Very good** ★★★ **Good** ★★ **Average** ★ **Poor**

WORDS: JASON BEST, NIGEL PIZEY

More premieres and Day by Day planner >>>

Week's Best Movies

BLACK COMEDY

Code 3

Saturday, 2.30pm & 10.10pm, Sky Premiere ★★★★

An electric, brutal but often darkly amusing – an ultimately heartwarming – look at the life of a US paramedic, brilliantly played by Rainn Wilson. Close to burn-out and losing it all together, we follow him, along with his ambulance partner Lil Rel Howery and student Aimee Carrero, as they experience the occasional highs and countless lows of a 24-hour shift. It's a desperate, furious movie, one that will have you laughing one minute and sobbing the next, but it is superbly told – slashing into US healthcare the way *The Big Short* did with finance – thanks to a wonderful cast, a tight, sharp script (based on the experiences of a real paramedic) and kinetic, breathless direction. This is one emotional ride. 2025, 15, 104MIN

Crash and burn: Rainn, Aimee and Lil Rel

What a whopper: Dominic, Golda, Nick and Priya-Rose

FAMILY COMEDY

Grow

Friday, 6.45am & 4.40pm, Sky Premiere ★★★★

An absolutely delightful family comedy very much in the vein of a Roald Dahl tale. With her mum having done a runner years ago, Charlie (Priya-Rose Brookwell) is sent to live with her Aunt Dinah (Golda Rosheuvel), who has problems of her own with a failing farm. Little does she know, though, but Charlie has a secret – she can communicate with plants. With the local village potty about pumpkins, she decides to enter the annual pumpkin competition, with a little help from the eccentric Arlo (Nick Frost) and school friend Oliver (Dominic McLaughlin). A terrific British movie, full of humour (it helps to have comedians Joe Wilkinson and Alan Carr on board) and gentle life lessons, it also introduces the world to Brookwell, a kid destined for big things. 2025, PG, 103MIN

HORROR

It Feeds

Sunday, 10.10am & 10.10pm, Sky Premiere ★★★

Psychic therapist Ashley Greene is able to enter and interact with a person's subconscious, but is shocked when a young girl desperate for her help seems to have a demonic presence attached to her. Turning the kid away, her concerned teenage daughter Ellie O'Brien secretly goes off in search of the girl to offer her help, with terrible consequences... A smart, unusual possession-based chiller from Canada that shoots off in unexpected ways throughout, this is also helped by a strong cast, which includes Shawn Ashmore, Julian Richings and Juno Rinaldi. 2025, 15, 102MIN

Shadowy: Ashley

Getting to know you: Ruby, Zoey and Jonah

COMEDY DRAMA

The Threesome

From Saturday, Prime Video ★★★

The title may suggest something far raunchier than this really is, as *The Threesome* is actually about the aftermath of the sexual tryst. Jonah Hauer-King, Zoey Deutch and Ruby Cruz have a drunken night that leads to the titular act, but Hauer-King is pining only for Deutch. Trouble is, things become incredibly messy when the fruits of their actions have life-changing consequences. Balancing classic romcom tropes and a more grounded indie vibe with surprising dexterity, this works far better than expected, with all three leads creating effective, relatable characters. 2025, 15, 112MIN

Films

CRIME CAPER

Americana

Available now, buy or rent from digital stores ★★★★

With nods to the Coen Brothers and Quentin Tarantino, this modern-day western caper set in South Dakota mixes dark humour, quirky characters, interweaving plot lines and abrupt bursts of violence as it follows the fortunes of a diverse series of people trying to lay their hands on a stolen 'Lakota Ghost Shirt', an immensely valuable Native American artefact.

The most sympathetic of the bunch are the stuttering waitress, played by Sydney Sweeney, who overhears the plot to steal the shirt, and the lovelorn diner regular (Paul Walter Hauser) who wants to help her realise her dreams of making it big in Nashville.

Also caught up in the imbroglio are a trailer-dwelling single mum (played by pop star Halsey) and her 11-year-old son (Gavin Maddox Bergman), who believes he is the reincarnation of 19th-century Lakota chief Sitting Bull, plus her thuggish boyfriend (Eric Dane), a dodgy antiques dealer (Simon Rex) and a Native American militant (Zahn McClarnon) intent on reclaiming his people's heritage. That's a lot of characters and plot, but writer-director Tony Tost keeps his pieces in the air with dexterity and finesse. 2023, 15, 107MIN

Way out west: Sydney, Paul and Halsey

Hidden gems Great movies you might have missed...

CRIME DRAMA

Blow the Man Down

Prime Video ★★★★

Left reeling from the death of their mum, chalk-and-cheese sisters Mary Beth (Morgan Saylor) and Priscilla (Sophie Lowe) find themselves trying to cover up a crime and end up unwittingly prising open their Maine fishing village's barely concealed secrets. This unusual tale successfully mixes suspense and intrigue with darkly comic moments and some delightfully offbeat touches – including singing fishermen whose sea shanties intersperse the action. 2019, 15, 190MIN

CHILLER

Byzantium

StudioCanal Presents ★★★★

Gemma Arterton and Saoirse Ronan play mother-and-daughter vampires in a gory, but highly unusual Gothic thriller. The duo's intriguing back-story emerges after they take sanctuary in a present-day English seaside town, with director Neil Jordan going for the jugular in the action scenes while delivering bold visual flourishes. But it's the bond between a fiercely protective mother and her melancholy daughter that provides the movie's heart. 2012, 15, 118MIN

DRAMA

La Chimera

Mubi ★★★★★

Josh O'Connor plays a grief-stricken English archaeologist in early-1980s Tuscany who has fallen in with a ragtag gang of tomb robbers in this entrancing, elusive movie from acclaimed Italian writer-director Alice Rohrwacher. Anchored by O'Connor's soulful performance, Rohrwacher's haunting film weaves together elements of fable, mystery, carnivalesque comedy, culture-clash drollery and thriller-like suspense to spellbinding effect. 2023, 15, 132MIN

Saturday 4 October

SCI-FI

Dune

9.15pm, ITV1 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Director Denis Villeneuve's star-studded sci-fi (Timothée Chalamet, Oscar Isaac, Rebecca Ferguson and Jason Momoa are just some of the big names), based on the first half of Frank Herbert's lauded tome, is jaw-dropping in its boldness. The year is 10191 and the action takes place on Arrakis, a sparse Sahara-like planet with behemoth sandworms ready to attack – but it's also the source of a powerful drug known as spice that is the most valuable substance in the universe. The plot is absorbing, but it's the world-building that really blows your mind, with astounding visual effects, costumes and production design. Also on Tue. 2021, 12, 149MIN

Just deserts: Timothée and Rebecca

CLASSIC COMEDY

The Titfield Thunderbolt

10.40am, BBC2 ★★★★★

Sex ●●● Violence ●●● Language ●●●

The first Ealing comedy in colour is a delightful story about villagers fighting to preserve their beloved railway from the money-crunchers who want to close their branch line. George Relph stands out as a spirited engine-loving cleric, Stanley Holloway shines as an amiable drunk who puts up the money so he can drink in the buffet car before opening time and Sid James has an early role, but the star of the show is the veteran train, real name *Lion*, which was built in 1838. It's a good-looking, warm-hearted movie that's stood the test of time. 1953, U, 84MIN

FAMILY

The Railway Children Return

2.05pm, 5 ★★★

Sex ●●● Violence ●●● Language ●●●

Whisking another trio of plucky city kids away for rural Yorkshire larks, this sweet-natured sequel to the 1970 family classic puffs along at a stately pace. Scrappy siblings and World War Two evacuees from Manchester, Beau Gadsdon, Eden Hamilton and Zac Cudby are swept up by big-hearted national treasure Jenny Agutter (one of the original railway children) to live with her, her jolly headteacher daughter (Sheridan Smith) and grandson (Austin Haynes). A sentimental, cosy and nostalgic tale. 2022, PG, 95MIN

ACTION COMEDY

The King's Man

9pm, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

For his third *Kingsman* film, director Matthew Vaughn makes a prequel, set circa World War One, about the formation of this secret society. In an echo of the Colin Firth/Taron Edgerton master spy/keen protégé relationship in the original 2015 film, the story centres on the Duke of Oxford (Ralph Fiennes, excellent) and his 17-year-old son Conrad (Harris Dickinson) who's keen to go off and fight in the war, despite his father's objections. A thoroughbred origin story and rollicking good adventure rolled into one, this is a right royal riot. 2021, 15, 131MIN

ACTION THRILLER

Salt

11.40pm, C4 ★★★

Sex ●●● Violence ●●● Language ●●●

This spy thriller is saved from being just another routine action movie by the casting of Angelina Jolie as the film's protagonist, CIA agent Evelyn Salt, who is as tough, agile and resourceful as they come. And she needs these skills in abundance when she's forced to go on the run after a Russian defector claims that she's a double agent. Take the implausible plot with a pinch of salt and just sit back and enjoy the many twists and turns and the plentiful supply of kick-ass action. 2010, 12, 100MIN

■ Full listings start on p35

Sunday 5 October

HORROR

His House

1am, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

Following a traumatic journey from war-torn South Sudan to Britain, husband-and-wife refugees Bol and Rial (Sopé Dìrísù and Wunmi Mosaku, both excellent) are sent by Matt Smith's official to live on a bleak English council estate. Despite their best efforts to make the best of their new life and still haunted by their past experiences, Bol finds there are even more scares lurking underneath the peeling wallpaper of their crumbling new house… Delivering jolting jump-out-of-your-skin shocks as well as food for thought, director Remi Weekes' impressive debut works both as a haunted house chiller and sharp political allegory. 2020, 15, 93MIN

Bleak house: Wunmi and Sopé

FAMILY MUSICAL

Beauty and the Beast

2.40pm, BBC1 ★★★★

Sex ●●● Violence ●●● Language ●●●

Blending CGI razzle-dazzle with Broadway pizzazz, Disney gives its 1991 cartoon a glossy live-action remake. Sticking closely to the beloved original, the tale is delivered with gusto, turning the musical numbers into a fabulous spectacle. Emma Watson is both feisty and winsome as plucky Belle, while Dan Stevens' spellbound Beast is suitably gruff. Luke Evans makes a hilariously hissable cad as Gaston, while Ian McKellen, Ewan McGregor and Emma Thompson amuse as singing-and-dancing household objects. 2017, PG, 129MIN

CLASSIC WESTERN

Butch Cassidy and the Sundance Kid

3.50pm, BBC2 ★★★★★

Sex ●●● Violence ●●● Language ●●●

The ultimate Hollywood buddy movie, this is also an all-time great western, thanks to the brilliant screenplay by William Goldman, George Roy Hill's deceptively easygoing direction and the charismatic, ideally cast Paul Newman and Robert Redford as the legendary outlaws. Two of the last of the great train-robbers, the pair banter their way through explosions, keeping their Hole in the Wall Gang in line and trying to impress schoolmarm Katharine Ross. Showing in tribute to Redford, who died last month. 1969, PG, 112MIN

SUPERHERO

Batman Begins

10.20pm, ITV1 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Writer-director Christopher Nolan's stupendous first film in his trilogy gets a perfect performance from Christian Bale as Batman/Bruce Wayne. The first half explores how and why he becomes the Caped Crusader, then the thrilling action takes off as he battles the creepy Scarecrow (Cillian Murphy). The film is brooding, but also has fun explaining the origins of the Bat Cave, the Batmobile and the famous cowl, cape and utility belt. Michael Caine's Alfred, gadget meister Morgan Freeman and Liam Neeson (wise and then wicked) all excel in support. 2005, 12, 140MIN

HORROR

You Are Not My Mother

1.05am, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Dublin schoolgirl Char (Hazel Doupe) uncovers a dark secret after her troubled mother (Carolyn Bracken) suddenly disappears, and then reappears, having undergone a drastic change in personality, leading to the most unsettling family affair since *Hereditary*... The title gives too much of the game away, but this bleakly brooding coming-of-age tale cleverly subverts expectations, refashioning traditional folklore for its own disturbing purposes. 2021, 15, 93MIN

■ Full listings start on p45

Weekday movies over page

Monday 6 October

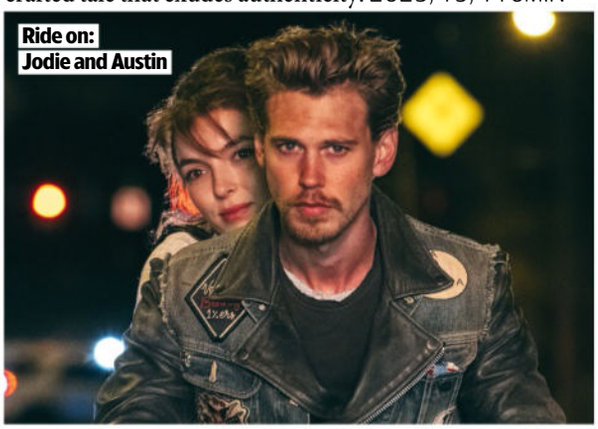
DRAMA

The Bikeriders

1.50pm, Sky Thriller ★★★★

Sex ●●● Violence ●●● Language ●●●

A Chicago motorcycle crew, headed by a brooding Tom Hardy, live their lives on two wheels at the tailpipe of the 1960s. Austin Butler is the softly spoken loner earmarked as Hardy's successor, while Jodie Comer provides most of the narration as Butler's pillion plus-one for life. Director Jeff Nichols' elegiac drama about the Vandal club's rise and fall moulds a fictional story from the photos in Danny Lyon's seminal 1968 book, *The Bikeriders*, and it's a lovingly crafted tale that exudes authenticity. 2023, 15, 116MIN



Ride on: Jodie and Austin

CLASSIC ACTION

Enter the Dragon

2.15pm, Sky Action ★★★★

Sex ●●● Violence ●●● Language ●●●

Much imitated, but never bettered, Bruce Lee was the king of kung-fu movies and, punctuating the athletic mayhem with his trademark yelping cry, he is at his peak in this, his final film (he died three weeks before the premiere aged just 32). Though no masterpiece plotwise – he's employed to sort out some drugs business on a Chinese island – this definitive fight film turned Lee into an international screen icon. 1973, 18, 97MIN

COMEDY MUSICAL

Pitch Perfect

8pm, Sky Gems ★★★

Sex ●●● Violence ●●● Language ●●●

A playful musical comedy set in the world of American college a cappella singing, this easy-going confection is sweet-sounding and wickedly funny. The plot's a tad predictable, as an all-female group try to beat their cocky male rivals, but the quirky characters and witty script hit all the right notes and the songs are infectiously entertaining. Anna Kendrick, Rebel Wilson and Anna Camp star. 2012, 12, 112MIN

ACTION

Mad Max: Fury Road

8pm, Sky Sci-Fi/Horror ★★★★★

Sex ●●● Violence ●●● Language ●●●

Director George Miller reboots his *Mad Max* series (30 years after *Beyond Thunderdome*) for a spectacular, supercharged thrill ride of the highest order, done with a minimum of CGI. In a post-apocalyptic world, Tom Hardy slips ruggedly into Mel Gibson's battered jacket as badass loner Max, who is drawn into feisty one-armed Charlize Theron's bid to save the five-women harem of a savage warlord. 2015, 15, 120MIN

ACTION THRILLER

Top Gun: Maverick

9pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Tom Cruise returns as US naval aviator Pete 'Maverick' Mitchell. A cocky recruit back in 1986's *Top Gun*, he now has to train a new batch of chalk-and-cheese types (including Miles Teller and Glen Powell) for a deadly mission. Cruise is the best at delivering thrills, so the action is awesome, but this expertly crafted blockbuster gets it right on the ground, too. 2022, 12, 130MIN

■ Full listings start on p55

Tuesday 7 October

THRILLER

Eileen

Starts Saturday, Netflix ★★★★

Sex ●●● Violence ●●● Language ●●●

Stuck working at a grim detention facility, Thomasin McKenzie's timid Eileen also has to contend with pandering to her drunken ex-cop dad (Shea Wigham). That is, until Anne Hathaway's exotic psychologist Rebecca flutters into her life. A rash move on Rebecca's part obliges the same from Eileen, suggesting a vein of calculating criminality was not too far beneath the meekly submissive surface… A compelling journey into twisted immorality that's taut, lean and sprung like a steel trap. 2023, 15, 98MIN

Life changing: Anne and Thomasin

SCI-FI DRAMA

Gravity

6.20pm, Sky Sci-Fi/Horror ★★★★★

Sex ●●● Violence ●●● Language ●●●

The winner of seven Oscars, including for director Alfonso Cuarón, this astonishing sci-fi provokes jaw-dropping wonder, dizzying vertigo, spine-tingling shocks, heart-stopping tension and visceral fear. The spectacle is often disorientating but the actors anchor us, with Sandra Bullock's gutsy reliance and George Clooney's folksy charm giving the film its human touch as their astronauts are stranded in orbit. 2013, 12, 91MIN

MUSICAL

Grease

10.10pm, Sky Drama ★★★★

Sex ●●● Violence ●●● Language ●●●

John Travolta's high-school tough guy has a fling with nice Aussie teen Olivia Newton-John but shuns her when she turns up at his school. In 1978, it was impossible to escape from this pastiche of 1950s teen movies and the pop charts were dominated by the likes of *Summer Nights* and *You're the One That I Want*. The film now looks even more dated than the films it was spoofing, but the songs are as infectious as ever. 1978, PG, 110MIN

ROMCOM

The Holiday

10.20pm, Sky Gems ★★★

Sex ●●● Violence ●●● Language ●●●

American film producer Cameron Diaz swaps homes with English writer Kate Winslet for the Christmas holidays. Both are unlucky in love – but they're soon finding their Mr Rights. Diaz is dazzled by Winslet's brother Jude Law and Winslet melts when she meets funny guy Jack Black. It runs a very familiar path and lays on the cheesy situations, but the talented stars fill this charming romcom with plenty of sparkle. 2006, 12, 135MIN

CRIME DRAMA

Collateral

12m't, Sky Thriller ★★★★

Sex ●●● Violence ●●● Language ●●●

Tom Cruise bursts into action as a hitman who hails an LA cab driven by nice Jamie Foxx and forces him to drive him on a night of killing. Writer-director Michael Mann's thriller is mesmerisingly mean and moody. Cruise and Foxx are perfect, there's a welcome sideline in humour and night-time LA has rarely been depicted with such sordid beauty. 2004, 15, 120MIN

■ Full listings start on p65

Wednesday

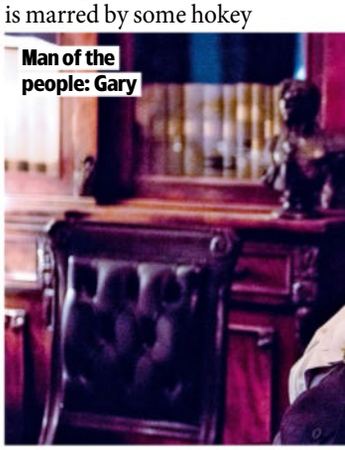
BIOPIC

Darkest Hour

8pm, Sky Drama ★★★

Sex ●●● Violence ●●● Language ●●●

In May 1940 the Nazis are advancing, France is about to fall and the fate of the world hangs in the balance. Can new PM Winston Churchill rally the British people to fight on? Director Joe Wright's rousing biopic is marred by some hokey



Man of the people: Gary

GANGSTER CLASSIC

The Godfather Part II

11.50am, Sky Greats ★★★★★

Sex ●●● Violence ●●● Language ●●●

This densely plotted, impeccably crafted epic from Francis Ford Coppola is easily as good as his 1971 original. Taking elements already present in the first film, Coppola develops the story of the reign of young Michael Corleone (Al Pacino), while also delving into the past to contrast his experiences with the ruthless rise of his father (Robert De Niro). Sky Greats is showing all three films from 8.55am-6pm. 1974, 18, 200MIN

ACTION

Unstoppable

9pm, ITV4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Step on board for a fantastic, non-stop thrill-ride as two rail workers (Denzel Washington and Chris Pine) set off in a train to catch up with an unmanned freight locomotive carrying a cargo of toxic chemicals and poisonous gas before it derails and causes a spill that will wipe out a US town. Director Tony Scott delivers a huge-scale production filled with nail-biting stunts and heart-pounding action that builds thrillingly to its climax. 2010, 12, 98MIN

8 October

scenes (including a made-up scene aboard a Tube train), but an Oscar-winning Gary Oldman lets rip with the oratory as Churchill, while revealing his human side, too. He's mesmerising and gets sterling support from Kristin Scott Thomas as his stalwart wife, Lily James as his secretary and Ben Mendelsohn as the king. 2017, PG, 125MIN

THRILLER

Detroit

10.10pm, Sky Thriller ★★★★

Sex ●●● Violence ●●● Language ●●●

Kathryn Bigelow's incendiary fact-based drama thrusts us into the midst of the Detroit riots of 1967. Mixing archive footage and searing reconstructions, she right away immerses us in the fury, terror and confusion raging across the city. Amid an excellent cast, John Boyega is quietly charismatic as an anguished security guard caught up in the crisis, while Will Poulter oozes malevolence as a rogue cop. 2017, 15, 143MIN

COMEDY DRAMA

Not Okay

11.45pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Zoey Deutch is a self-centred attention-seeker looking to gain more followers, so fakes being a survivor of a bombing attack. Then she meets teen Mia Isaac, who escaped a school shooter and has a huge following... Writer-director Quinn Shephard delivers a razor-sharp indictment of influencer power and social media obsession and nails the killer finale. 2022, 15, 100MIN

■ Full listings start on p75

Thursday 9 October

THRILLER

The Luckiest Man in America

6.15pm, Sky Drama ★★★★

Sex ●●● Violence ●●● Language ●●●

A terrific take on an incredible story, in which a peculiar ice-cream-van man seemed to have the greatest winning streak in gameshow history. Michael Larson (played with awkward brilliance by Paul Walter Hauser) went on to US show *Press Your Luck* in 1984 – and kept winning. Was he cheating? The show's bosses (including weasel-like David Strathairn) certainly think so… It's a compelling, brisk look at a singular moment in US TV history that's delivered with real style and a thriller-like urgency. 2024, 15, 91MIN

On the button: Paul

CLASSIC CRIME DRAMA

Serpico

3.40pm, Sky Thriller ★★★★

Sex ●●● Violence ●●● Language ●●●

As Frank Serpico, Al Pacino delivers a performance of quiet intensity, simmering with contained anger and indignation. He's a good, honest policeman but, since everyone else on the force is on the take, his fellow cops soon become his biggest enemies. With its excellent New York locations, an abundance of scruffy early-1970s fashions and a very pessimistic view of human nature, this is a bleak, gripping movie. 1973, 18, 130MIN

HORROR

Baby Driver

6pm, Sky Gems ★★★★

Sex ●●● Violence ●●● Language ●●●

The high-octane delights in director Edgar Wright's thriller include a charismatic hero, brilliantly choreographed action and a soundtrack so hot it leaves scorch marks. Working for Kevin Spacey's Atlanta crime kingpin, Ansel Elgort is a gifted getaway driver who wants to quit, especially when he falls for Lily James' sweet diner waitress. But first he's forced to pull one last job with Jon Hamm, Jamie Foxx and Eiza Gonzalez. 2017, 15, 113MIN

CLASSIC THRILLER

Assault on Precinct 13

11pm, Legend Xtra ★★★★★

Sex ●●● Violence ●●● Language ●●●

Directed by John Carpenter, this cult classic updates the plot of the 1959 western, *Rio Bravo*, to a dilapidated police station in LA. Austin Stoker is a dogged lawman trying to stop a vicious street gang getting to the killer of one of their members inside the building. But he has only a couple of secretaries and some convicts to help... A textbook example of how to make a low budget stretch a very long way. 1976, 15, 90MIN

DRAMA

Belfast

12m't, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

It's Belfast, 1969, and a boy (Jude Hill) has little idea of the politics at play as violence erupts in his street where Protestants and Catholic families lived in harmony. Though informed by the Troubles, writer-director Kenneth Branagh's beautiful black-and-white film (based on his own life) favours sweetness over enmity and it's the generosity of spirit that makes it special. 2021, 12, 98MIN

■ Full listings start on p85

Friday 10 October

ACTION COMEDY

The Fall Guy

8pm, Sky Action ★★★★

Sex ●●● Violence ●●● Language ●●●

Successful stunt performer Ryan Gosling stands in for A-lister Aaron Taylor-Johnson and is having a thing with Emily Blunt's camera operator, until an accident changes everything. Then, 18 months later, he's called to a shoot in Australia where Blunt is director, and none-too-happy to see him, and Taylor-Johnson is missing. Though a tad long, this is snappy and sharp, with sparkling star chemistry, ace action and fab support from Taylor-Johnson, Hannah Waddingham and Winston Duke. 2023, 12, 126MIN

Hanging on: Ryan

CLASSIC SCI-FI

Alien

10pm, BBC3 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Sigourney Weaver kicks alien butt in her star-making role as Ripley in this sci-fi classic. Weaver, Tom Skerritt, Ian Holm, Yaphet Kotto, Harry Dean Stanton and an unfortunate John Hurt are aboard a spaceship, along with the iconic alien monster (created by Swiss surrealist artist HR Giger). Director Ridley Scott's ground-breaking movie was one of the most influential films of its era – and is still terrifying all these decades later. 1979, 15, 117MIN

COMEDY

The Producers

11pm, BBC2 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Down-on-his-luck theatrical producer Zero Mostel (on top, eyeball-rolling form) and his naive accountant Gene Wilder plot to make a fortune by finding rich backers, engineering a disaster of a show and then running off with the money. The result is musical *Springtime for Hitler* – but it is so awful, it's a runaway success... Mel Brooks' first film is an outrageously funny farce that's in exquisitely bad taste. 1967, PG, 88MIN

TEEN ROMCOM

Crush

12.40am, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Rowan Blanchard's out and proud teen Paige's heart belongs (afar) to Isabella Ferreira's Gabriela. Joining the track team to ingratiate herself with her, she instead ends up being mentored by Gabriela's twin, AJ (Auli'i Cravalho). With instant chemistry between them, Paige realises she may have been fixated on the wrong sister... Light, bubbly, sassy and snarky, this is a refreshingly frank insight into today's teenagers. 2022, 15, 93MIN

HORROR

Ghost Stories

12.40am, BBC1 (1.25am Scot) ★★★★

Sex ●●● Violence ●●● Language ●●●

This deliciously chilling horror movie written and directed by Andy Nyman and Jeremy Dyson, adapting their play, will have you on the edge of your seat. Nyman also stars as a smug debunker of the supernatural who gets the fright of his life when he looks into three creepy tales involving Paul Whitehouse, Alex Lawther and Martin Freeman. 2017, 15, 98MIN

■ Full listings start on p95

Sport week

Your **ultimate guide** to the best of the week's live action

Women's Champions League

Holders **Arsenal** begin the defence of their title

Striker Alessia Russo celebrates last season's victory

THE MAIN EVENT

LIVE FOOTBALL

Tuesday & Wednesday, Disney+

The Women's Champions League finds a new home on Disney+ in an exclusive deal that will see the streaming giant show every match live for the next five years.

As this season's tournament begins on Tuesday, there's also a change of format as 18 teams compete in an opening league phase – with each club facing six opponents. The top four qualify automatically for the quarter-finals, while the next eight teams take part in a play-off round to decide the other four qualifiers.

Holders Arsenal are joined by WSL champions Chelsea and Manchester United as the English clubs take on the likes of Barcelona, Bayern Munich and Lyon for a place in the final, held in Oslo next May.

Here, we assess their chances...

ARSENAL

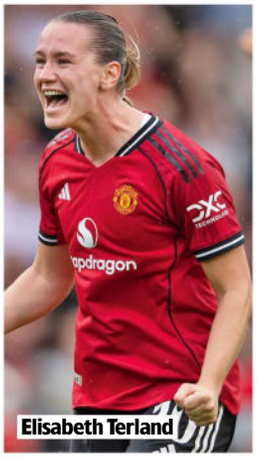
Arsenal stunned Barcelona in last season's final when a goal from Sweden international Stina Blackstenius brought the Gunners their second Champions League title, becoming the first club to win the trophy after coming through the first round of qualifying. Mariona Caldentey and Alessia Russo missed out to Barcelona's Aitana Bonmatí for the Ballon d'Or last month, but Arsenal were named Women's Club of the Year and have shown their intent with the signing of Olivia Smith – the first £1million player in women's football. The Canada striker could make her Champions League debut on Tuesday when coach Renée Slegers' side host eight-time winners Lyon at the Emirates (k-o 8pm), having beaten the French side in last season's semi-finals.

Record signing Olivia Smith

CHELSEA

Hannah Hampton picked up the Yashin Trophy for best goalkeeper at the Ballon d'Or awards and the 24-year-old Lioness will be looking to keep a clean sheet when the Blues travel to Twente in the Netherlands for their opening match on Wednesday (k-o 5.45pm). Despite dominating English domestic football, claiming the treble last season, Chelsea have yet to make the same impact in Europe and have never lifted the Champions League trophy. Last season they lost heavily to Barcelona in the semi-finals, but coach Sonia Bompastor's side have made another strong start to the WSL, with Aggie Beever-Jones among the goalscorers. They'll be boosted by the arrival of club record signing Alyssa Thompson, plus Sam Kerr's return from injury.

WORDS: RICHARD MCCLURE. PHOTOS: ALAMY, GETTY, SHUTTERSTOCK


Elisabeth Terland

MANCHESTER UNITED

After finishing third in the WSL last season, United have come through four qualifying matches to make their debut in the tournament proper. A hat-trick from Norway striker Elisabeth Terland secured their place with a 3-1 aggregate victory over Brann, and Marc Skinner's side take on another Norwegian team, Vålerenga, in their opening match at Leigh Sports Village on Wednesday (k-o 8pm). New signing Fridolina Rolfö brings experience to the squad after winning two European titles with Barcelona. 'We are history makers, and I've said to the players we can't just be here to make up the numbers,' says Skinner. 'We are really excited to be playing against Europe's best players, but we have to perform against them.'

Yashin Trophy winner Hannah Hampton

LIVE AMERICAN FOOTBALL

Cleveland Browns v Minnesota Vikings

Sun, kick-off 2.30pm, 5 & Sky Sports NFL

Three NFL games are being held in London over consecutive weekends, beginning this Sunday at the Tottenham Hotspur Stadium where the Cleveland Browns face the Minnesota Vikings. After playing at Dublin's Croke Park last month, the Vikings are appearing in London for a second year running, having defeated the New York Jets at Spurs' ground last October. An injury to JJ McCarthy has seen veteran Carson Wentz step up as Vikings quarterback in recent weeks, while the Browns' line-up includes defensive end and sack specialist Myles Garrett.

Cleveland Browns' Myles Garrett

Vikings quarterback Carson Wentz

Byzantine Dream

LIVE HORSE RACING

Prix de l'Arc de Triomphe

Sunday, ITV1

As Europe's richest horse race takes place over a mile and four furlongs at Longchamp on Sunday, there's a good chance that flat-racing fans will finally see a Japanese-trained winner for the first time in the Paris event's 105-year history. Winning the Arc has been a near obsession in Japan for decades, and this year's batch of contenders include Alohi Alii, Croix Du Nord and Byzantine Dream, who has enjoyed recent success with Irish jockey Oisin Murphy.

Wigan's Jenna Foubister

LIVE RUGBY LEAGUE

Women's Super League Grand Final

Sun, kick-off 5.30pm, Sky Sports+

After defeating champions York Valkyrie in the semi-finals, St Helens meet arch-rivals Wigan Warriors in this season's Grand Final on Sunday. Wigan will be seeking to complete a domestic treble, having already claimed the League Leaders' Shield and the Challenge Cup, and will start as favourites, thanks to having home advantage at the Brick Community Stadium and the presence of Woman of Steel nominees Eva Hunter, Jenna Foubister and Isabel Rowe in their ranks.

Oscar Piastri (front) and Lando Norris

LIVE MOTOR RACING

F1: Singapore Grand Prix

Sunday, race starts 1pm, Sky Sports F1

With seven Grands Prix remaining, McLaren driver Oscar Piastri leads the standings by 25 points from teammate Lando Norris. McLaren has struggled of late, though the car should be suited to the Marina Bay circuit where Red Bull's Max Verstappen will be looking to continue a winning streak that has seen the defending champion take the chequered flag in Italy and Azerbaijan.

Sport A-Z and football planner »»

HOW TO STREAM TV

Everything you need to know about all the channels available to stream...

FREE TO WATCH

BBC iPlayer

A free video-on-demand service from the BBC, featuring BBC dramas including *Luther*, *Doctor Who* and *Line of Duty*, as well as hits including *The Responder* and *This City Is Ours*. There are many comedies, too, from *Not Going Out* to *Ghosts* and *Mrs. Brown's Boys*, plus all episodes of *The Traitors* and *Race Across the World*. You can also watch BBC channels live. It's available online and on devices including mobile phones, tablets and smart TVs.

ITVX

This free streaming channel is the home for all ITV shows, films and much more – from drama box sets such as *Trigger Point* to *Love Island* episodes and James Bond movies. It can be accessed on smart TVs and an app to download. You can upgrade to ITVX Premium for an extra fee for even more content and ad-free viewing.

Channel 4 Streaming

A free streaming channel for all C4 content, this is home to shows from *Location, Location, Location* to *Celebrity Gogglebox*, plus a huge selection of true-crime series and documentaries, including *24 Hours in A&E*, as well as box-set comedies such as *Friday Night Dinner*, *Peep Show* and *Derry Girls*. You can access online via channel4.com, your smart TV or an app download. An upgrade to Channel 4+ for an extra fee also gives you more shows, early access and ad-free viewing.

5 Streaming

A free video-on-demand service from 5 that features bingeable box sets of American shows such as *Dexter* and *The Good Wife*, plus top British dramas including *All Creatures Great & Small*. There's also a huge selection of police documentaries, from *Traffic Cops* to *Police Interceptors*, plus kids' shows from *Peppa Pig* to *Paw Patrol*. The service is available on smart TVs, through channel5.com and as an app download.

U

The free streaming service offers drama, comedy and entertainment, from recent shows like *The Marlow Murder Club* and *Bergerac* to classic series such as *Pride and Prejudice*. There are also US box sets including *Mad Men*, plus lots of true-crime documentaries and favourites such as *Canal Boat Diaries*. It can be accessed via an app and on smart TVs.

SUBSCRIPTION SERVICES

Netflix

This paid-for streaming channel features plenty of original content, with shows from *The Four Seasons* and *Toxic Town* to *Con Mum* and *The Real Fatal Attraction*. There is also a host of new and classic films such as *Grease* and *Mean Girls*, plus it's the home of all seasons of *Friends*. You can access Netflix via smart TVs, the website and an app to download.

Prime Video

The paid-for subscription channel features plenty of original TV shows like *Clarkson's Farm* and *Nine Perfect Strangers*. There are also comedy shows such as *Last One Laughing*, plus plenty of newly released films available to stream, buy or rent including BAFTA-winner *Conclave*. Prime Video can be accessed on TVs, mobiles, tablets and more.

Disney+

The home of most Disney content is a paid-for streaming channel that has classic movies such as *Mary Poppins* and *Dumbo*, recent films including *A Complete Unknown*, top dramas like *A Thousand Blows*, plus a large selection of National Geographic documentaries such as *Ocean* with Sir David Attenborough. There's every Star Wars film and spin-off series such as *Andor*, plus the Muppets' catalogue of films and shows. It's available on smart TVs, an app download and online.

Apple TV+

There's a selection of high-quality, exclusive, original-production films and TV series called Apple Originals. Content includes top dramas *Slow Horses*, *Smoke* and *Severance*, comedies like *Ted Lasso* and *Bad Sisters*, plus films *Napoleon* and *Blitz*. This paid-for streaming channel is available on smart TVs and the Apple TV app.

Paramount+

This is the home to blockbuster Paramount movies, new originals and hit shows, primarily from the libraries of American TV station CBS, with TV series including *Yellowstone* and *Star Trek: Discovery*. There's also a huge selection of Smithsonian documentaries, MTV series and Nickelodeon shows including *SpongeBob SquarePants*. The paid-for streaming service is available on desktop, smart TVs and an app, and is also available free for Sky Cinema subscribers.

Discovery+

This is a paid-for streaming service that focuses on factual programming and original series. There's a library of real-life entertainment with eye-opening docuseries such as *Celebrity Help! My House Is Haunted*. It's also home to sports via the TNT Sports channels, including cricket, football, French Open tennis and Premiership rugby union. The service is available via the app and smart TVs. The basic version (without sport) is also included at no extra cost on Sky.

Sky Store

This paid-for streaming service is home to the latest blockbuster movies straight from the cinema, either to buy or rent, as well as TV shows to buy and keep including *The White Lotus* and *The Last of Us*. It's independent from Sky's TV service, meaning a Sky TV subscription isn't required, but you must create an account to access products and services.

MGM+

This is a paid-for streaming service that features a variety of content including titles from Lionsgate and US channel Starz as well as original MGM+ series. Shows and films include *Godfather of Harlem* and *Legally Blonde*, plus all the James Bond movies. Subscribe to MGM+ via Prime Video for a monthly fee.

Acorn TV

Many favourite dramas, murder mysteries and comedies from around the world appear here first. Current hit series include *Whitstable Pearl*, *Harry Wild*, *Darby and Joan*, *Signora Volpe* and *Recipes for Love & Murder*. The paid-for streaming service is available on smart TVs and via a mobile app.

NOW

There is a host of Sky TV shows and box sets to watch on this paid-for streaming service including *The Day of the Jackal*, *Brassic*, *Gangs of London* and *The White Lotus*. A choice of plans means you can also stream Sky Sports to enjoy Formula One and events such as the British & Irish Lions rugby series, and even watch the latest movies and Sky Original films. It's available to stream via your smart TV.

DAZN

This paid-for steaming sports service features boxing, NFL, kick-boxing, LIV Golf and women's football, as well as the FIFA Club World Cup. It broadcasts both live and on-demand. You can access it via its mobile app and on smart TVs. It's also available as a Prime Video channel at an additional subscription cost.

WORDS: NICK CANNON, HANNAH DAVIES. PHOTO: ADOBE STOCK

Sport week A-Z GUIDE

AMERICAN FOOTBALL

LIVE Notre Dame Fighting Irish v Boise State Broncos
Sat 8.30pm Sky Sports NFL

LIVE Cleveland Browns v Minnesota Vikings
Sun 2pm 5 & Sky Sports NFL
The NFL match from Tottenham Hotspur Stadium. See p29.

LIVE New York Jets v Dallas Cowboys
Sun 5.30pm 5

LIVE NFL
Sun 5.30pm & 9.15pm Sky Sports NFL, 6pm & 9pm Sky Sports Football, 8.30pm & 9.15pm Sky Sports Main Event

LIVE Buffalo Bills v New England Patriots
Sun 1.10am Sky Sports Main Event & Sky Sports NFL

LIVE Jacksonville Jaguars v Kansas City Chiefs
Mon 1am Sky Sports Main Event & Sky Sports NFL

LIVE New York Giants v Philadelphia Eagles
Thu 12m't Sky Sports Main Event & Sky Sports NFL

AUSTRALIAN RULES

LIVE North Melbourne Kangaroos Women v Sydney Swans Women
Sat 6am TNT Sports 1

LIVE Gold Coast Suns Women v Brisbane Lions Women
Sat 8am TNT Sports 1

LIVE Port Adelaide Power Women v Western Bulldogs Women
Sat 10am TNT Sports 2

LIVE Geelong Cats Women v Carlton Blues Women
Sat 5am TNT Sports 4

LIVE West Coast Eagles Women v Collingwood Magpies Women
Sun 7am TNT Sports 4

LIVE Western Bulldogs Women v Essendon Bombers Women
Fri 9am TNT Sports 4

LIVE Adelaide Crows Women v West Coast Eagles Women
Fri 3am TNT Sports 2

LIVE Hawthorn Hawks Women v Gold Coast Suns Women
Fri 5am TNT Sports 4

LIVE Geelong Cats Women v GWS Giants Women
Fri 5am TNT Sports 2

Darts
No 1 seed Luke Humphries will be in action in Leicester at the World Grand Prix

BASEBALL

LIVE MLB Postseason
Sat 6pm & 1.30am TNT Sports 4, 9pm TNT Sports 1 & 11.30pm TNT Sports 3; Sun 9pm TNT Sports 4 & 1am TNT Sports 1; Mon 9pm & 12.30am TNT Sports 2; Tue 10pm & 2am TNT Sports 1; Wed 8pm & 11.30pm TNT Sports 1, 10pm & 2am TNT Sports 2; Thu 11pm TNT Sports 1 & 1am TNT Sports 2; Fri 10pm TNT Sports 1 & 1am TNT Sports 3

BASKETBALL

LIVE WNBA
Sun 8pm & Wed 1am TNT Sports 3; Fri 1.15am TNT Sports 1

LIVE NBA
Tue 12m't Sky Sports+

COMBAT SPORTS

LIVE UFC 320 Prelims
Sat 1am TNT Sports 1

LIVE Magomed Ankalaev v Alex Pereira
Sat 3am TNT Sports 1

CRICKET

LIVE New Zealand v Australia
Sat 7am TNT Sports 4
The third and final T20 in the series from Bay Oval.

LIVE Sri Lanka v Australia
Sat 10am Sky Sports Cricket
The Women's World Cup match staged at R. Premadasa Stadium in Colombo.

LIVE India v West Indies
Sat & Sun 4.45am TNT Sports 3
Days four and five of the first Test.

LIVE India v Pakistan
Sun 10am Sky Sports Cricket
The Women's World Cup match.

LIVE New Zealand v South Africa
Mon 10am Sky Sports Main Event & Sky Sports Cricket
The Women's World Cup game.

LIVE England v Bangladesh
Tue 10am Sky Sports Main Event & Sky Sports Cricket
The Women's World Cup match at Barsapara Cricket Stadium, Guwahati.

LIVE Australia v Pakistan
Wed 10am Sky Sports Main Event & Sky Sports Cricket
The Women's World Cup match.

LIVE India v South Africa
Thu 10am Sky Sports Main Event & Sky Sports Cricket
The Women's World Cup match.

LIVE India v West Indies
Thu & Fri 4.45am TNT Sports 1
Days one and two of the second Test.

LIVE New Zealand v Bangladesh
Fri 10am Sky Sports Cricket & 3pm Sky Sports Main Event
The Women's World Cup match from Barsapara Cricket Stadium.

CYCLING

LIVE CRO Race
Sat 12noon TNT Sports 2 & Sun 12noon TNT Sports 1
Stages five and six from Croatia.

LIVE European Championship
Sat 1pm TNT Sports 3 & Sun 10.30am TNT Sports 2
Elite road races in France.

LIVE UCI Mountain Bike World Series
Sat 5.30pm, Sun 6pm & Fri 8.45pm TNT Sports 2

LIVE Tour of Langkawi
Sun 8am TNT Sports 1
The eighth stage of the race.

LIVE The Bernocchi Cup
Mon 2.30pm TNT Sports 1

LIVE Tre Valli Varesine
Tue 10am & 2.30pm TNT Sports 2
Women's and men's races in Italy.

LIVE Binche Chimay Binche
Tue 12noon & 1.45pm TNT Sports 1

LIVE The Gran Piemonte
Thu 1.45pm TNT Sports 2

DARTS

LIVE World Grand Prix
Mon & Tue 6pm, Wed-Fri 7pm Sky Sports Main Event & Sky Sports+
Days one to five at Leicester Arena.

GOLF

LIVE Alfred Dunhill Links Championship
Sat 12noon & Sun 11.30am Sky Sports Golf; Sat 4pm Sky Sports Main Event
Days three and four of the event at the Old Course, St. Andrews.

LIVE Sanderson Farms Championship
Sat 9pm Sky Sports Main Event; Sat 9pm & Sun 8.30pm Sky Sports Golf
Days three and four in Mississippi.

LIVE LOTTE Championship
Sat 12m't Sky Sports Main Event & Sky Sports Golf
Day four at Hoakalei Country Club.

LIVE Baycurrent Classic
Wed-Fri 4am Sky Sports Golf & Fri 4am Sky Sports Main Event
Days one to three staged at Yokohama Country Club in Japan.

LIVE Buick LPGA Shanghai
Wed-Fri 4am Sky Sports Mix; Thu & Fri 8am Sky Sports Golf
Days one to three at Qizhong Garden Golf Club in Shanghai.

LIVE Open De Espana
Thu & Fri 1pm Sky Sports Golf
The first and second days in Madrid.

HORSE RACING

LIVE Ascot, Newmarket and Redcar
Sat 1pm ITV1

LIVE Prix de l'Arc de Triomphe
Sun 2.15pm ITV1
From Paris-Longchamp. See p29.

LIVE Newmarket, York and Chepstow
Fri 1pm ITV1

ICE HOCKEY

LIVE Florida Panthers v Tampa Bay Lightning
Sat 12m't Premier Sports 2

LIVE Florida Panthers v Chicago Blackhawks
Tue 10pm Premier Sports 2

LIVE New York Rangers v Pittsburgh Penguins
Tue 1am Premier Sports 2

LIVE Los Angeles Kings v Colorado Avalanche
Tue 3.30am Premier Sports 1

LIVE Toronto Maple Leafs v Montreal Canadiens
Wed 12m't Premier Sports 2

LIVE Washington Capitals v Boston Bruins
Wed 12.30am Premier Sports 1

LIVE Edmonton Oilers v Calgary Flames
Wed 3am Premier Sports 2

LIVE Carolina Hurricanes v New Jersey Devils
Thu 12.30am Premier Sports 2

LIVE Winnipeg Jets v Dallas Stars
Thu 1am Premier Sports 1

MOTORCYCLING

LIVE MotoGP
Sat 7.45am TNT Sports 2
Grand Prix of Indonesia sprint race.

LIVE Asia Talent Cup
Sat 9am & 2.30am TNT Sports 2

LIVE British Superbikes
Sat & Sun 1pm TNT Sports 4; Sun 1pm Quest

LIVE FIM Speedway of Nations
Sat 5.30pm TNT Sports 3

LIVE MotoGP
Sat 3.30am TNT Sports 2
Grand Prix of Indonesia warm-up.

LIVE MotoGP
Sat 4am TNT Sports 2
Grand Prix of Indonesia Moto3 race.

LIVE MotoGP
Sun 6am TNT Sports 2
Grand Prix of Indonesia Moto2 race.

LIVE MotoGP race
Sun 7.15am TNT Sports 2
The Grand Prix of Indonesia.

LIVE British Speedway
Mon & Thu 7.30pm TNT Sports 1

LIVE Superbike World Championship
Fri 10.30am & 1.45pm TNT Sports 2

MOTORSPORT

LIVE F1 Academy
Sat 7.55am & Sun 8.20am Sky Sports F1

LIVE Formula 1
Sat 10.15am Sky Sports F1
Singapore Grand Prix third practice.

LIVE Formula 1
Sat 1pm Sky Sports F1 & 2pm Sky Sports Main Event
Singapore Grand Prix qualifying.

LIVE Extreme E
Sat 2pm & Sun 7pm ITV4
The final off-road event.

LIVE European Rally Championship
Sun 9am & 12noon TNT Sports 4

LIVE British Touring Car Championship
Sun 11am ITV4

LIVE Formula 1
Sun 11.30am Sky Sports F1
The Singapore Grand Prix. See p29.

LIVE NASCAR
Sun 7.30pm Premier Sports 1

LIVE Extreme H World Cup
Thu & Fri 2pm ITV4 & TNT Sports 4
The inaugural event in Saudi Arabia.

POOL

LIVE Ultimate Pool
Mon 6pm TNT Sports 3

RUGBY LEAGUE

LIVE Hull Kingston Rovers v Lowest-ranked Eliminator Winners
Sat 5pm Sky Sports+ & 5.15pm BBC2 (kick-off 5.30pm)
The Super League semi-final at Sewell Group Craven Park Stadium.

LIVE NRLW Grand Final
Sun 5.50am Sky Sports Main Event & Sky Sports Mix

LIVE NRL Grand Final
Sun 8.30am Sky Sports Mix

LIVE Wigan Warriors v St Helens
Sun 5pm Sky Sports+ (kick-off 5.30pm)
The Women's Super League Grand Final. See p29.

Sport A-Z and football planner >>>

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RUGBY UNION

LIVE Australia v New Zealand
Sat 10.35am Sky Sports Mix
The Rugby Championship game.

LIVE Connacht v Scarlets
Sat 1.15pm Premier Sports 2 (kick-off 1.45pm)
United Rugby Championship action.

LIVE Argentina v South Africa
Sat 1.50pm Sky Sports Mix
The Rugby Championship match.

LIVE Leicester Tigers v Harlequins
Sat 3pm TNT Sports 1 (kick-off 3.05pm)
The Prem match at Welford Road.

LIVE Benetton v Glasgow Warriors
Sat 5pm Premier Sports 1 (kick-off 5.30pm)
United Rugby Championship match.

LIVE Saracens v Bristol Bears
Sat 5.15pm TNT Sports 1 (kick-off 5.30pm)
Prem action from StoneX Stadium.

LIVE Munster v Cardiff
Sat 7.40pm Premier Sports 1 (kick-off 7.45pm)
United Rugby Championship game.

LIVE Gloucester v Northampton Saints
Sun 2.30pm TNT Sports 1 (kick-off 3pm)
Prem coverage from Kingsholm.

LIVE Zebre v Lions
Sun 2.55pm Premier Sports 1
United Rugby Championship fixture.

LIVE NPC quarter-final
Fri 7am Sky Sports+
New Zealand domestic competition.

LIVE Sale Sharks v Newcastle Red Bulls
Fri 7pm TNT Sports 1 (kick-off 7.45pm)
A Prem match from Salford Community Stadium.

LIVE Munster v Edinburgh
Fri 7pm Premier Sports 1 (kick-off 7.45pm)
United Rugby Championship fixture.

LIVE Scarlets v Stormers
Fri 7.30pm S4C & 7.40pm Premier Sports 2 (kick-off 7.45pm)
United Rugby Championship action.

LIVE NPC quarter-final
Fri 4.25am Sky Sports+

SNOOKER

LIVE Xi'an Grand Prix
Tue 7.30am, Wed 7.30am & 12noon, Thu 7am & 12noon, Fri 1pm TNT Sports 1; Tue & Wed 7.30am & 12noon, Thu & Fri 7am & 12noon TNT Sports 3

TENNIS

LIVE ATP Shanghai Masters
Sat 6am & 5.30am Sky Sports+; Sat 6am, 1pm & 5.30am, Sun 2pm Sky Sports Tennis

LIVE WTA Beijing Open
Sun 12noon Sky Sports Tennis
The final at Beijing Tennis Center.

LIVE WTA Wuhan Open
Sun-Wed 4am, Thu 1.30pm & 4am Sky Sports Tennis; Sun-Wed 4am, Thu 1.30pm & 4am, Fri 8.55am Sky Sports+; Sun 4.45am, Mon 4.30am, Tue & Wed 4am & Thu 5.30am Sky Sports Main Event
Days one to five at Optics Valley International Tennis Center.

Football planner

Saturday 4

LIVE Manchester City v Arsenal
11am Sky Sports Main Event, Sky Sports Premier League & Sky Showcase (kick-off 12noon)
The Women's Super League match at Manchester City Joie Stadium.

LIVE Hull City v Sheffield United
11am Sky Sports Football (kick-off 12.30pm)
The Championship game at MKM Stadium, between teams that have had difficult starts to the season.

LIVE Leeds United v Tottenham Hotspur
11am TNT Sports 1 (kick-off 12.30pm)
The Premier League match staged at Elland Road. The visitors have won their past four meetings against the West Yorkshire side.

LIVE Sheffield Wednesday v Coventry City
12.25pm Sky Sports+ (kick-off 12.30pm)
The Championship game staged at Hillsborough. Coventry claimed a 2-1 victory in last season's corresponding fixture.

LIVE Real Oviedo v Levante
12.55pm Premier Sports 1 (kick-off 1pm)
The LaLiga match at Estadio Municipal Carlos Tartiere.

LIVE Chelsea v Liverpool
5pm Sky Sports Main Event & Sky Sports Premier League (kick-off 5.30pm)
The Premier League match staged at Stamford Bridge. Chelsea earned a 3-1 victory in this fixture last season, Liverpool's first game after being crowned Premier League champions.

LIVE Hearts v Hibernian
5.15pm Premier Sports 2 (kick-off 5.45pm)
The Edinburgh derby in the Scottish Premiership at Tynecastle.

LIVE Queen of the South v Alloa Athletic
5.20pm BBC Alba (kick-off 5.30pm)
The Scottish League One match at Palmerston Park.

LIVE Eintracht Frankfurt v Bayern Munich
5.20pm Sky Sports Football (kick-off 5.30pm)
The Bundesliga fixture staged at Deutsche Bank Park.

LIVE Real Madrid v Villarreal
8pm Disney+ (kick-off 8pm)
The LaLiga game at the Bernabeu.

LIVE Internacional v Botafogo
10.30pm Premier Sports 1 (kick-off 10.30pm)
The Brasileiro Serie A fixture at Estádio Beira-Rio.

Sunday 5

LIVE London City Lionesses v Liverpool
11am Sky Sports+ & Sky Showcase (kick-off 11.55am)
The Women's Super League match at Hayes Lane.

LIVE WORLD CUP QUALIFIER

Scotland v Greece

Thu, kick-off 7.45pm, BBC2

After picking up four points on the road in their opening matches, Steve Clarke's Scotland play their first fixture at Hampden Park in what looks likely to be a fiercely contested Group C. Bournemouth teen Ben Gannon-Doak impressed in the 2-0 victory over Belarus.

LIVE INTERNATIONAL FRIENDLY

Engand v Wales

Thu, kick-off 7.45pm, ITV1 & S4C

This warm-up for the World Cup qualifiers is the 105th meeting between the rivals. Wales have only won once at Wembley, in 1977, but coach Craig Bellamy has transformed their fortunes, with the Dragons losing just twice in his 12-match reign.

LIVE WORLD CUP QUALIFIER

Northern Ireland v Slovakia

Fri, kick-off 7.45pm, BBC1 (N Ireland only) & BBC2

Qualification from Group A is already a tall order for Michael O'Neill's men, but home defeat to the group leaders would make it a mountain to climb. Keeper Bailey Peacock-Farrell picked up his 50th cap last month.

LIVE Ipswich Town v Norwich City
11.30am ITV1, Sky Sports Main Event & Sky Sports Football (kick-off 12noon)
The East Anglia derby in the Championship at Portman Road.

LIVE Everton v Crystal Palace
12.30pm Sky Sports Premier League (kick-off 2pm)
The Premier League match at Hill Dickinson Stadium.

LIVE Wolverhampton Wanderers v Brighton & Hove Albion
12.30pm Sky Sports Mix (kick-off 2pm)
The Premier League game at Molineux. Brighton claimed a 2-0 win in last season's corresponding fixture, and Wolves have struggled in the early stages of this season.

LIVE Deportivo Alavés v Elche
12.55pm Premier Sports 2 (kick-off 1pm)
The LaLiga fixture at Mendizorrotza.

LIVE Newcastle United v Nottingham Forest
1pm Sky Sports Main Event (kick-off 2pm)
The Premier League game at St James' Park. Newcastle claimed a 4-3 victory in last season's corresponding fixture and also beat Forest at The City Ground in both the EFL Cup and the league.

LIVE Fiorentina v AS Roma
1.45pm TNT Sports 3 (kick-off 2pm)
The Serie A fixture staged at Stadio Artemio Franchi.

LIVE Aston Villa v Burnley
1.55pm Sky Sports+ (kick-off 2pm)
The Premier League fixture at Villa Park. The Villans claimed a 3-2 victory when the teams last met here two seasons ago, but they have found wins and goals hard to come by in the early stages of the current campaign.

LIVE Falkirk v Rangers
2.30pm Sky Sports Football (kick-off 3pm)
The Scottish Premiership match at Falkirk Stadium.

LIVE Sevilla v Barcelona
3.10pm Premier Sports 2 (kick-off 3.15pm)
The LaLiga match at the Estadio Ramon Sanchez Pizjuan.

LIVE Brentford v Manchester City
4pm Sky Sports Premier League & 4.30pm Sky Sports Main Event (kick-off 4.30pm)
The Premier League match held at the Gtech Community Stadium.

LIVE Espanyol v Real Betis
5.25pm Premier Sports 2 (kick-off 5.30pm)
The LaLiga game at RCDE Stadium.

LIVE Washington Spirit v San Diego Wave FC
6pm TNT Sports 4 (kick-off 6pm)
The NWSL match at Audi Field.

LIVE Juventus v AC Milan
7.30pm TNT Sports 1 (kick-off 7.45pm)
Serie A coverage from Turin.

LIVE Celta Vigo v Atlético Madrid
7.55pm Premier Sports 2 (kick-off 8pm)
LaLiga at Estadio Abanca-Balaídos.

LIVE NJ/NY Gotham FC v Seattle Reign
9.45pm TNT Sports 1
NWSL at Sports Illustrated Stadium.

Monday 6

LIVE Harrogate Town v Crewe Alexandra
7.30pm Sky Sports Football (kick-off 8pm)
League Two from Wetherby Road.

Tuesday 7

LIVE Juventus v Benfica
5.45pm Disney+ (kick-off 5.45pm)
The match in the league phase of the Women's Champions League, held at Juventus Stadium.

LIVE Arsenal v Lyon
8pm Disney+ (kick-off 8pm)
The Women's Champions League league phase fixture at Meadow Park, as the Gunners begin the defence of their crown. See p28.

LIVE Barcelona v Bayern Munich
8pm Disney+ (kick-off 8pm)
The match in the league phase of the Women's Champions League at Johan Cruyff Stadium.

LIVE Paris FC v OH Leuven
8pm Disney+ (kick-off 8pm)
The game in the league phase of the Women's Champions League staged at Stade Charléty.

Wednesday 8

LIVE FC Twente v Chelsea
5.45pm Disney+ (kick-off 5.45pm)
The match in the league phase of the Women's Champions League from De Grolsch Veste. See p28.

LIVE Real Madrid v Roma
5.45pm Disney+ (kick-off 5.45pm)
The match in the league phase of the Women's Champions League.

LIVE Manchester United v Valerenga
8pm Disney+ (kick-off 8pm)
The match in the league phase of the Women's Champions League at Leigh Sports Village. See p28.

LIVE St Polten v Atlético Madrid
8pm Disney+ (kick-off 8pm)
The match in the league phase of the Women's Champions League.

LIVE Wolfsburg v PSG
8pm Disney+ (kick-off 8pm)
The match in the league phase of the Women's Champions League.

Thursday 9

LIVE England v Wales
7pm ITV1 & 7.20pm S4C (kick-off 7.45pm)
The friendly at Wembley Stadium. This is the first meeting between the sides since a 3-0 win for England in the 2022 World Cup.

LIVE Scotland v Greece
7.30pm BBC2 (kick-off 7.45pm)
The World Cup Group C qualifier at Hampden Park. The teams have already met this year in the Nations League play-offs, with Greece claiming a 3-1 aggregate victory.

Friday 10

LIVE Northern Ireland v Slovakia
7.30pm BBC1 (N Ireland only) & BBC2 (kick-off 7.45pm)
The World Cup Group A qualifier at Windsor Park. This is the first meeting between the sides since a Euro 2020 play-off here, which Slovakia won 2-1.

LIVE Orlando Pride v Portland Thorns
1am TNT Sports 4 (kick-off 1am)
NWSL game at Inter&Co Stadium.

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Saturday

4 October

Evening Planner

Football

Premier League
TNT Sports & Sky Sports
Spurs journey to Leeds (TNT Sports 1, k-o 12.30pm), before Chelsea welcome Liverpool (Sky Sports, k-o 5.30pm).

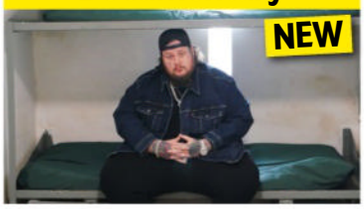
Entertainment

The Celebrity Inner Circle
BBC1, 5.35pm
Amanda Holden turns gameshow host, as celebrities including Kaye Adams show off their general knowledge skills.

Factual

The Essex Murders: Who Killed Goldfinger?
Sky Documentaries & Sky Showcase, 9pm (box set, Sky Box Sets)
The 2015 killing of ex-con John Palmer.

Documentary



Rebel Country
BBC2, 11.40pm
Tune into BBC2 from 8.40pm for an evening of country music, including this look at the new generation of artists.

SKY EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES								
101 BBC1	‹ 6.20 Strictly Come Dancing				8.40 The Weakest Link	9.25 Nine Bodies in a Mexican...	10.10 News	10.30 Match of the...
102 BBC2	‹ 5.15 Rugby League – Live	7.40 Secrets of the Jurassic Dinosaurs			8.40 Grand Ole Opry Live: 100 Years of Country Music		10.10 Country at the BBC	
103 ITV1	7.00 Win Win		8.00 Who Wants to Be a Millionaire?		9.00 News	9.15 Film: Dune		
104 CHANNEL 4	7.00 News	7.30 F1: Singapore Grand Prix Qualifying Highlights			9.00 Film: The King's Man			
105 5	‹ 6.25 The Great Hurricane...	7.40 The Palace: What the Royal Servants...			8.40 The Trial of Paul Burrell		10.10 When Chat Shows Go Horribly...	
106 SKY SHOWCASE	7.00 Portrait Artist of the Year		8.00 David Attenborough's Global...		9.00 The Essex Murders: Who Killed...		10.00 Film: A Quiet Place	
ENTERTAINMENT								
115 BBC3	7.00 Doctor Who			8.25 Doctor...	8.40 Gavin & Stacey	9.40 RuPaul's Drag Race UK		
116 BBC4	7.00 Flying...	7.20 All Creatures Great and Small			9.00 Film: Rosalie			
118 ITV2	‹ 6.00 Film: Kung Fu Panda 2	7.45 Film: Tomb Raider					10.00 Family Guy	
136 MORE4	‹ 6.50 Four in a Bed				9.00 24 Hours in A&E			
135 E4	7.00 The Simpsons				9.00 Celebrity Gogglebox		10.00 Gogglebox	
107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Blue Bloods		10.00 Law & Order: Special Victims Unit	
108 SKY ATLANTIC	‹ 6.50 Game of Thrones						10.05 The White Lotus	
110 U&GOLD	7.00 Fawlty Towers			8.20 Only Fools and Horses				10.35 Men...
111 U&DAVE	7.00 Red Dwarf				9.00 Parks and Recreation			10.30 Not Going Out
119 ITV3	7.00 Midsomer Murders				9.00 Vera			
120 ITV4	‹ 6.40 Sharpe				9.00 English Football League Highlights			
112 COMEDY CENTRAL	7.00 Bradley & Barney Walsh: Breaking Dad		8.00 Michael McIntyre's Big Christmas Show		9.00 Michael McIntyre: Happy & Glorious		10.00 Film: National Lampoon's Animal...	
139 SKY SCI-FI	7.00 Star Trek: Enterprise							
113 SKY MAX	7.00 The Walking Dead				9.00 Brassic		10.00 Romesh: Can't Knock the Hustle	
109 U&ALIBI	7.00 The Coroner		8.00 Father Brown		9.00 Shakespeare & Hathaway		10.00 Death in Paradise	
124 SKY ARTS	‹ 6.50 Tina Turner – What's Love Live				9.00 Tina			
132 U&W	7.00 Pete Wicks: For Dogs' Sake				9.00 One Born: What Happened Next?			
DOCUMENTARY								
125 DISCOVERY	7.00 Gold Divers				9.00 Naked And Afraid Apocalypse			
162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Extinct or Alive		9.00 The Zoo		10.00 Tanked	
129 NAT GEO	7.00 Seconds from Disaster		8.00 Car S.O.S.					
123 SKY HISTORY	7.00 Secrets in the Ice				9.00 Triumph: Jesse Owens and the Berlin Games			
155 U&YESTERDAY	7.00 Bangers & Cash							
121 SKY DOCS	7.00 Lancaster				9.00 The Essex Murders: Who Killed...		10.00 Film: Touching the Void	
FILMS - Sky Cinema								
301 PREMIERE	‹ 6.05 Novocaine		8.00 Bridget Jones: Mad About the Boy				10.10 Code 3	
302 HALLOWEEN		7.15 Insidious			9.00 Insidious: Chapter 2			
303 BRIDGET JONES	‹ 6.20 Bridget Jones: The Edge of Reason		8.10 Bridget Jones's Baby				10.15 Bridget Jones: Mad About...	
304 MEN IN BLACK	‹ 6.10 Men in Black		8.00 Men in Black II			9.30 Men in Black 3		
305 ANIMATION	‹ 5.45 Hotel...	7.25 The Boss Baby			9.15 Bon Voyage, Charlie Brown			10.40 Sing
306 FAMILY	‹ 6.00 Snow White and the Huntsman		8.10 Ghostbusters: Frozen Empire				10.10 Look Who's Talking Too	
307 ACTION	‹ 6.10 Snakes on a Plane		8.00 Mad Max: Fury Road				10.05 Twisters	
308 COMEDY	‹ 6.05 Ted		8.00 Ted 2				10.05 The Longest Yard	
309 THRILLER	‹ 5.35 Clear and Present Danger		8.00 K-19: The Widowmaker					10.20 Fatal Attraction
310 DRAMA	‹ 6.05 Sleepless in Seattle		8.00 Dunkirk				10.00 There Will Be Blood	
311 SCIENCE FICTION	‹ 6.10 I Am Legend		8.00 Kong: Skull Island				10.05 Jules	
313 FILM4	‹ 6.45 Independence Day: Resurgence				9.00 Mission: Impossible – Fallout			
SPORT								
401 MAIN EVENT	‹ 5.00 SNF – Live: Chelsea v Liverpool (Kick-off 5.30)			8.30 Match Centre	9.00 PGA Tour Golf – Live: The Sanderson Farms Championship			
402 PREMIER LEAGUE	‹ 5.00 SNF – Live: Chelsea v Liverpool (Kick-off 5.30)			8.30 Game of the Day				10.30 PL Highlights
403 FOOTBALL	‹ 5.20 Bundesliga...	7.30 EFL				9.30 WSL	10.00 EFL Highlights	
405 CRICKET	‹ 6.30 ICC Women's World Cup					9.30 ICC Women's...	10.00 ICC Women's World Cup	
410 TNT SPORTS 1	‹ 5.15 The Gallagher PREM – Live	7.45 Autumn Nations Series		8.30 MLB Lead Off...	9.00 MLB – Live: Action from MLB Postseason			
411 TNT SPORTS 2	7.00 UCI Mountain Bike World Series Men – Live: Coverage of the DHI elite final					9.15 SailGP Highlights		

‹ Denotes programmes starting before 7.00pm † Regions vary

SATURDAY

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Saturday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
10.00 **Saturday Kitchen** New edition Chefs Paul Ainsworth and Donal Skehan prepare recipes for guest Greg James to taste. (S)
11.30 **Rick Stein's Cornwall** (S)(R)(AD)
12.00 NOON **Football Focus** (S)
12.45 PM **BBC News** (S)
1.00 **Money for Nothing** (S)(R)
1.30 **Bargain Hunt** (S)(R)(AD)
2.15 **Garden Rescue** (S)(R)
2.45 **Escape to the Country** (S)(R)
3.30 **DIY SOS** (S)(R)(AD)
4.30 **Final Score** Results round-up. (S)
5.15 **BBC News** (S)
5.25 **Local News** (S)
5.35 NEW SERIES **The Celebrity Inner Circle** 1/6. Amanda Holden hosts the quiz where contestants and their celebrity partners must outsmart each other. (S)

9.25 Nine Bodies in a Mexican...

6 PM

6.20 **Strictly Come Dancing** New edition Paddles at the ready as the couples take to the floor to perform their second routines – and this week things are getting serious for the celebrities as they know that one of them will be voted out in tomorrow night's results show. Claudia Winkleman and Tess Daly keep things ticking over, while Shirley Ballas, Craig Revel Horwood, Motsi Mabuse and Anton Du Beke give their thoughts on the dances. (S)(AD)

7 PM

8 PM

8.40 NEW SERIES **The Weakest Link** 1/12. Romesh Ranganathan hosts as Scott Mills, Rylan, Zoe Ball, Tony Blackburn, Jo Whiley, Trevor Nelson, Michael Ball and Sally 'Traffic' Boazman compete. (S)

9 PM

9.25 **Nine Bodies in a Mexican Morgue** New episode *Black Angels:* 2/6. Alliances form, enemies are made, and lines are drawn as the passengers search for food and water. (S1) (S)(AD)
■ Entire series on BBC iPlayer

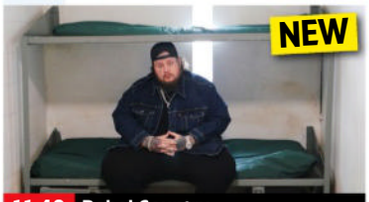
10 PM

10.10 **BBC News** (S)
10.30 **Match of the Day** Gabby Logan presents highlights of the latest Premier League matches, including Chelsea v Liverpool. (S)
■ More tomorrow at 10.30pm
11.40 **The Football Interview** New edition A conversation with Liverpool striker Hugo Ekitike. (S)
11.55 NEW SERIES **Twisted Metal** 1/10. Post-apocalyptic comedy based on the video game. (S)(AD)
12.25 AM New episode 2/10. John finds his mission thwarted. (S1) (S)
■ Entire series on BBC iPlayer
12.55 **Weather for the Week Ahead** (S)
1.00 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.20 AM **Children's Programmes**
8.40 **Prayer and Reflection** (S)(R)
9.10 **Christine's Garden** (S)(R)
9.40 **Gardeners' World** (S)(R)
10.40 FILM **The Titfield Thunderbolt** Comedy starring Stanley Holloway. (S) (1953, U, 80min) ★★★★★
12.00 NOON **The Hairy Bikers' Bakeation** In Germany. (S)(R)
12.30 PM **Nigel Slater's Simple Cooking** Culinary advice. (S)(R)
12.40 FILM **Easter Parade** Musical. (S) (1948, U, 100min) ★★★★★
2.20 FILM **Hello, Dolly!** Lavish musical. (S) (1969, U, 140min) ★★★★
4.40 **Flog It!** The best finds. (S)(R)
5.15 LIVE **Rugby League: Super League** Hull Kingston Rovers v the lowest-ranked Eliminator winners: From Sewell Group Craven Park Stadium. Kick-off is at 8.00. (S)



11.40 Rebel Country

6 PM

LIVE **Rugby League: Super League** (started at 5.15pm)

7 PM

7.40 **Secrets of the Jurassic Dinosaurs** 2/2. Liz Bonnin joins the palaeontologists as they unearth the remains of fearsome Jurassic predators, considering if the site was a dinosaur hunting ground. (S)(R)

8 PM

8.40 NEW **Grand Ole Opry Live: 100 Years of Country Music** Highlights from the Royal Albert Hall of the concert hosted by Vernon Kay and Kelly Sutton, as the Grand Ole Opry country music radio show celebrates 100 years by taking its programme overseas. Featuring performances by Luke Combs, Ashley McBryde, Carly Pearce, Darius Rucker, Marty Stuart, Breabach and Mumford & Sons. (S)

9 PM

10 PM

10.10 **Country at the BBC** A compilation of performances by country artists including Tammy Wynette, Emmylou Harris, Johnny Cash, Dolly Parton, Charley Pride, Garth Brooks and Willie Nelson. (S)(R)
11.40 NEW **Rebel Country** Exploring the new generation of country music singers, as well as tracing the musicians' roots in Nashville's rebellious musical tradition. (S)
12.55 AM FILM **Law of Tehran** Iranian thriller starring Payman Maadi. Subtitled. (S) (2019, 15, 130min) ★★
3.05 **Sign Zone: Great British Railway Journeys** (S)(R)(AD)
3.35 **Sign Zone: Blue Lights** (S)(R)
4.35 **to 6.25** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Simply Raymond Blanc** (S)(R)
6.50 **James Martin's Great British Adventure** (S)(R)(AD)
7.50 FILM **Ozi: Voice of the Forest** Animation. (2024, PG, 95min) ★★
9.25 **ITV News** (S)
9.30 **James Martin's Saturday Morning** New edition (S)
11.40 **Nisha Katona's Home Kitchen** New edition Nisha prepares Bengali fish in banana leaves. (S)
12.40 PM **ITV News** (S)
1.00 LIVE **Racing** Coverage from Ascot, Newmarket and Redcar. (S)
4.00 **Tipping Point: Best Ever Finals** Dramatic endgames. (S)(R)
4.30 **ITV News** (S)
4.45 **Local News** (S)
5.00 **The Chase Celebrity Special** With Karim Zeroual, Christopher Biggins, Ellie Leach and Des Clarke. (S)(R)

6.00 You Bet! on Tour

6 PM

6.00 **You Bet! on Tour** Series finale 6/6. Stephen Mulhern hosts the game show as it travels around the UK to find ordinary people taking on extraordinary challenges for the chance to win £5,000. (S)(AD)

7 PM

7.00 **Win Win** New edition Mel Giedroyc and Sue Perkins host the interactive quiz show in which three viewers get the chance to win the same prizes as the 40 contestants playing in the studio. (S)

8 PM

8.00 **Who Wants to Be a Millionaire?** Jeremy Clarkson gives six more contestants the chance to take their place in the hot seat, and hopefully become the next million-pound winner. (S)(R)

9 PM

9.00 **ITV News** (S)
9.15 FILM **Dune** Sci-fi drama starring Timothée Chalamet, Rebecca Ferguson, Zendaya and Oscar Isaac. The son of a noble family is entrusted with the protection of the most valuable asset and most vital element in the galaxy. With Jason Momoa. (S)(AD) (2021, 12, 180min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

10 PM

12.15 AM **English Football League Highlights** Recent action. (S)
1.30 **Shop on TV**
3.00 **The Assembly** Actor Danny Dyer is interviewed by neurodivergent individuals. (S)(SL)(R)
3.25 David Tennant takes part in the innovative show. (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Long Lost Family: The Mother and Baby Home Scandal** (S)(SL)(R)(AD)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.15 AM **Cheers** 8-11/28. (S4) (S)(R)
8.05 **Everybody Loves Raymond** 13&14/24. (S6) (S)(R)(AD)
9.00 **Frasier** 4&5/24. (S6) (S)(R)(AD)
10.00 **The Simpsons** (S)(R)(AD)
10.55 **A Place in the Sun** (S)(R)
11.55 **Four in a Bed** (S)(R)
2.35 PM **Worst House on the Street** Scarlette and Stuart Douglas help a Croydon woman who has bought her first home. (S)(R)(AD)
3.40 **Kirstie and Phil's Love It or List It** A couple from Chester need help deciding whether to sell or renovate their home. (S)(R)(AD)
4.45 **George Clarke's Amazing Spaces** The architect visits a garden folly inspired by a cake. (S)(R)(AD)
5.50 **The Great British Bake Off** The bakers take on three challenges in Chocolate Week. (S)(R)(AD)

9.00 The King's Man

6 PM

The Great British Bake Off (started at 5.50pm)

7 PM

7.00 **News** (S)
7.30 **F1: Singapore Grand Prix Qualifying Highlights** Lee McKenzie presents action from the battle for grid positions in the 18th round of the season held at Marina Bay Circuit. Lando Norris of McLaren took pole position here last year, with Red Bull's Max Verstappen joining him on the front of the grid, and they remained first and second in that order in the race. (S)

8 PM

9 PM

9.00 FILM **The King's Man** Action adventure prequel starring Ralph Fiennes, Gemma Arterton, Rhys Ifans and Harris Dickinson. A secret spy network leaps into action when a mastermind orders the assassination of the Archduke Franz Ferdinand. (S)(AD) (2021, 15, 160min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

10 PM

11.40 FILM **Salt** Action thriller starring Angelina Jolie and Liev Schreiber. (S)(AD) (2010, 12, 105min) ★★★
1.25 AM **Ramsay's Kitchen Nightmares USA** (S)(SL)(R)
2.15 **Undercover Boss USA** (S)(R)
3.10 **George Clarke's Amazing Spaces** A UFO-styled prefabricated Futuro house. (S)(R)(AD)
4.05 **Location, Location, Location** (R)
5.00 **to 5.50** AM **The Simpsons** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.40 AM **Milkshake!**
8.55 **SpongeBob SquarePants** (S)(R)
9.10 **Entertainment News** (S)
9.15 **Bargain-Loving Brits in the Sun** Documentary. (S)(R)
9.40 **Ben Fogle: New Lives in the Wild** The Arctic circle. (S)(R)
10.30 FILM **Much Ado About Christmas** Festive fantasy. (S) (2021, PG, 110min) ★★
12.20 PM FILM PREMIERE **Take Me Back for Christmas** Comedy. (S) (2023, PG, 125min) ★★
2.05 FILM **The Railway Children Return** Drama sequel with Beau Gadsdon and Jenny Agutter. (S) (2022, PG, 125min) ★★★
4.10 FILM **Mrs Caldicot's Cabbage War** Comedy starring Pauline Collins and Peter Capaldi. (S) (2002, 12, 130min) ★★★

2.05 The Railway Children Return

6.20 **News** (S)
6.25 **The Great Hurricane of 1990**
The story of one of the worst storms to hit the UK in centuries, when hurricane-strength winds damaged three million trees and 47 people were killed. (S)(R)
7.40 **The Palace: What the Royal Servants Saw**
Documentary giving an inside look at the secret lives of the Royal Family, from the point of view of those who worked closest to them, the royal servants. (S)(R)
8.40 NEW **The Trial of Paul Burrell**
A look into the collapse of the 2002 trial for theft of Diana, Princess of Wales' former butler, which was halted after just nine days due to an intervention from Elizabeth II. (S)
10.10 **When Chat Shows Go Horribly Wrong**
Gloria Hunniford narrates a compilation of on-air disasters from chat shows, featuring stroppy hosts, technical troubles and on-screen bust-ups. (S)(R)
12.10 AM **Wogan: The Great Entertainer** A celebration of the life of Terry Wogan. (S)(R)
1.35 **PlayOJO Live Casino Show** (S)
3.35 **Secrets of the Royal Flight**
The Royal Family's history with air travel, from the first King's Flight in 1936. (S)(R)
4.30 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Boosnoo! Mega Mashups**
6.15 **Ready Eddie Go!** (S)(R)(AD)
6.30 **Emerald** (S)(R)(AD)
6.40 **The Brilliant World of Tom Gates 2** (S)(R)(AD)
6.50 **Silly Animals** (S)(R)
7.00 **Monkey Life** (S)(R)
8.00 **The F1 Show** (R)
9.00 **The Simpsons** (S)(R)
11.00 LIVE **Football: WSL** Manchester City v Arsenal: Coverage of the Women's Super League match from Manchester City Joie Stadium. Kick-off is at 12.00.
2.30 PM **The Simpsons** (S)(R)
3.00 **Gillette Labs Soccer Saturday** Stay up to speed with the afternoon's football up and down the country.
5.00 **F1: Singapore Grand Prix Qualifying Highlights** (R)

9.00 The Essex Murders

F1: Singapore Grand Prix Qualifying Highlights (started at 5.00pm)
7.00 **Portrait Artist of the Year**
Return of the competition to find the UK's most talented portrait artist with Alex Jones, Yungblud and Kyla Harris the first celebrity sitters. (S)(R)(AD)
8.00 **David Attenborough's Global Adventure: The Rise of Nature**
The broadcaster explores the rise of life on Earth, from the emergence of the first creatures. (S)(R)(AD)
9.00 NEW SERIES **The Essex Murders: Who Killed Goldfinger?**
1/3. Investigating the 2015 murder of John Palmer, who was nicknamed Goldfinger. *See feature, page 21.* (S)
10.00 FILM **A Quiet Place**
Horror starring Emily Blunt, John Krasinski and Millicent Simmonds. A family are forced to live in silence while hiding from monsters with hypersensitive hearing. (S) (2018, 15, 90min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.00 M'T **F1: Singapore Grand Prix Qualifying Highlights** (R)
2.00 AM **The Paper** 9/10.
Ned and Mare meet with a possible cult leader. (S)(R)(AD)
2.40 10/10. Ken engineers an emergency. (S1) (S)(R)(AD)
3.20 **Road Wars** Double bill. (S)(R)
5.00 **to 6.00** AM **Nothing to Declare** (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
4.30-5.15pm Sportscene: Open All Mics (S) **11.40** Sportscene: Premiership Highlights (S)(R) **12.40am** The Football Interview New edition (S) **12.55** NEW SERIES Twisted Metal (S)(AD) **1.25** Twisted Metal New episode (S)(AD) **1.55** Weather for the Week Ahead (S) **2.00-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
No variations

BBC2

N. IRELAND
Sky 969, Freesat 969
7.40pm Restoration Rescue (S)(R) **8.10-8.40pm** Barra on the Foyle (S)(R)

WALES
Sky 968, Freesat 968
12.30pm Nigel Slater's Simple Cooking (S)(R) **12.45** FILM Easter Parade (S) (1948, U, 100min) ★★★★★ **2.25** FILM Hello, Dolly! (S) (1969, U, 140min) ★★★★ **4.45-5.15pm** Weatherman Walking (S)(R)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **8.00** Stwnsh Sadwrn **10.00** Help Llaw **10.15** Teulu'r Castell **11.15** Codi Pac **11.45** Ffermio **12.15pm** Iolo: Natur Bregus Cymru (AD) **1.15** Ty Ffit **2.15** Teulu Shadog: Tymhorau'r Flwyddyn (AD) **2.45** Am Dro! **3.45** Adeiladu'r Freuddwyd: Camp Out West **4.15** Garddio a Mwy **5.15** Yr Anialwch **6.15** Rali Ceredigion **7.15** Newyddion a Chwaraeon **7.30** Colleen Ramsey: Bywyd a Bwyd **8.00** NEW Ironman Cymru **9.00** Rybish (AD) **9.30** Am Dro! **10.30-11.35pm** Radio Fa'ma (AD)

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Doctor Who** *Victory of the Daleks:* 3/14. Churchill calls on the Daleks to help win World War Two. **7.45** *The Time of Angels:* 4/14. Part one of two. The Doctor tracks down the last of the Weeping Angels. (S5)
8.25 **Doctor Who Confidential** 4/13. Exploring the Doctor's relationship with River Song.
8.40 **Gavin & Stacey** 5/6. The gang descend on the beach. **9.10** 6/6. Nessa and Dave's wedding day arrives. (S3)
9.40 **RuPaul's Drag Race UK** 2/10. The queens take on the iconic Design Challenge.
10.55 **Two Pints of Lager and a Packet of Crisps** 6/8. Jonny receives an ultimatum. **11.20** 7/8. Donna's tutor invites her to have a little extracurricular fun. (S4)
11.50 **Two Pints of Lager and a Packet of Crisps** (S4&5)
12.50 AM **Juice** 5&6/6. (S2)
1.40 **My Mate's a Bad Date**
2.05 **to 4.00** AM **Two Pints of Lager and a Packet of Crisps**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **The Flying Gardener** From the Lake District.
7.20 **All Creatures Great and Small** *Cheques and Balances:* 9/12. Siegfried is determined to make errant farmers pay their bills. **8.10** *The Female of the Species:* 10/12. Siegfried gives a friend's daughter experience in the surgery, and Calum is resentful until he sees the student. (S5)
9.00 FILM PREMIERE **Rosalie** French period drama starring Nadia Tereszkiewicz. In 1870s Brittany, a woman born with hair covering her body desires to be seen for who she is. Subtitled. (2023, 15, 115min) ★★★★
10.50 **Parkinson** With Julie Andrews and Blake Edwards.
11.50 **The Two Ronnies Sketchbook**
12.20 AM **Porridge**
12.50 **All Creatures Great and Small** 9&10/12. (S5)
2.30 **to 3.30** AM **Crime & Punishment: The Story of Capital Punishment**

MORE4

136/137 127 147 18 124 15

8.55 AM **Four in a Bed**
11.35 **Love It or List It New Zealand** New edition
A couple from Mount Maunganui decide whether to renovate or move house.
12.30 PM **Grand Designs: Living in the Country**
1.35 **George Clarke's Old House, New Home**
2.35 **George Clarke's Amazing Spaces** A man renovates a Volkswagen van to surprise his camping-mad kids.
3.40 **Come Dine with Me**
6.15 **Four in a Bed** A visit to Cedarwood Holidays in St Keverne, Cornwall. **6.50** The B&Bers visit The Llawnroc Hotel in Saint Austell, Cornwall. **7.25** The B&Bers visit The Olde Malthouse in Tintagel, Cornwall. **7.55** The final visit is to the Britannia Inn in Dorset. **8.25** Payment Day arrives.
9.00 **24 Hours in A&E** A man is rushed to St George's struggling to breathe and a three-year-old is brought in with a high temperature. **10.00** Exploring the hopes and expectations of three different men.
11.05 **999: On the Front Line**
12.10 AM **Emergency Helicopter Medics**
1.15 **24 Hours in A&E**
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **The Goldbergs**
8.25 **Lego Masters Australia**
9.35 **Made in Chelsea**
10.40 **The Big Bang Theory**
2.35 PM **The Simpsons**
4.30 FILM **The Greatest Showman** Musical drama starring Hugh Jackman, Zac Efron and Michelle Williams. A former shipping clerk attempts to create and develop his New York circus in the mid-1800s. With Rebecca Ferguson. (2017, PG, 102min) ★★★★
6.35 **The Simpsons** *I'm Spelling as Fast as I Can:* Lisa is offered a college scholarship. **7.00** *A Star Is Born – Again:* A glamorous Hollywood star visits Springfield. **7.30** *Mr Spritz Goes to Washington:* Krusty agrees to run for Congress. **8.00** *Opposites A-frack:* With the voice of Jane Fonda. **8.30** *Simpsorama: Futurama's* Planet Express crew turn up in Springfield.
9.00 **Celebrity Gogglebox** *Stranger Things* and *This Is MY House* are appraised.
10.00 **Gogglebox** *I'm a Celebrity... Get Me Out of Here!* and *The Crown* are appraised.
11.05 **Gogglebox**
12.05 AM **First Dates**
2.10 **Gogglebox** Double bill.
4.05 **The Simpsons**
4.35 **to 6.00** AM **The Big Bang Theory**

+1 hr 235/236 306 30 123 256

Saturday primetime primetime

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

SATURDAY Entertainment

Saturday

Sky Witness

107 107 110 341 356

6.00 AM **Brit Cops: Frontline Crime UK** Documentary.
7.00 **Caught Red Handed**
9.00 **Stop, Search, Seize**
10.00 **Border Patrol**
11.00 **The Force: Manchester**
12.00 NOON **Caught Red Handed** A criminal is spotted by a sharp-eyed villager in Devon.
12.40 PM How a shop owner confused armed robbers.
1.20 Network Rail reveal how to stop people endangering their lives on the train tracks.
2.00 **Nothing to Declare**

7.00 Nothing to Declare

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

9 PM
9.00 **Blue Bloods** *Family Matters:* 18/21. Danny and Baez investigate feuding crime families. Frank and Mayor Chase clash. (S13)

10 PM
10.00 **Law & Order: Special Victims Unit** *Children of Wolves:* 9/13. Benson must help Noah come to terms with the past. (S25)
11.00 **Bull** 14&15/16. (S5)
1.00 AM **Caught on Dashcam**
2.00 New edition
3.00 **Law & Order: Special Victims Unit** 8/13. (S25)
4.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **Perry Mason** (S1&2)
2.30 **Game of Thrones** 8/10. Robb Stark discovers he has been betrayed by one of his friends.
3.35 9/10. Tyrion defends King's Landing against Stannis Baratheon's naval assault.
4.35 10/10. Theon Greyjoy stirs his men into action. (S2)
5.45 1/10. Jon Snow tries to earn Mance Rayder's trust.
6.50 2/10. Shae sneaks into Tyrion's chamber. (S3)

7.55 Game of Thrones

7.55 **Game of Thrones** *Walk of Punishment:* 3/10. Jon is taken to the imposing Fist of the First Men, Jaime strikes a deal with his captors and Daenerys meets with the slavers.

9.00 **Game of Thrones** *And Now His Watch Is Ended:* 4/10. Varys meets his match when he talks to Lady Olenna. (S3)

10.05 **The White Lotus** *Full-Moon Party:* 5/8. Parallel stories unfold with family disagreements over future plans. (S3)
11.15 **The Sopranos** 12/13. Tony's affair with Gloria turns violent.
12.20 AM 13/13. Jackie Jr goes into hiding after his botched armed robbery. (S3)
1.25 1-3/13. (S4)
4.30 **In Treatment** (S1)
5.00 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S3)
12.00 NOON **Grimm** Four episodes of the drama, including at:
2.00 PM 1/22. Nick tries to find a cure for Juliette. (S2)
3.00 2/22. Monroe and Rosalee race against time in order to save Juliette. (S2)
4.00 **The Walking Dead** 11/22. The Whisperers come for Hilltop.
5.00 12/22. An attack is launched against the Hilltop.
6.00 13/22. Michonne takes Virgil back to his island to reunite with his family. (S10)

8.00 The Walking Dead

7.00 **The Walking Dead** *Look at the Flowers:* 14/22. Eugene takes a group on a journey to meet Stephanie.

8.00 **The Walking Dead** *The Tower:* 15/22. The communities prepare for the final battle of the Whisperer War. (S10)

9.00 **Brassic** *Once Upon a Time in Dusseldorf:* 2/6. Tommo heads to Germany to impress Hans's mum. (S7)

10.00 **Romesh: Can't Knock the Hustle** 2/4. Romesh Ranganathan heads to a motivational speaker's boot camp in Arizona.
11.00 **The Paper** 9&10/10. (S1)
12.20 AM **Peacemaker** 7/8. (S2)
1.00 **Warrior** 7/10. (S2)
2.00 **S.W.A.T.** New episode 12/22. Alfaro encounters associates from a previous case while working undercover. (S8)
3.00 **Road Wars**
4.00 **to 6.00** AM **Sun, Sea and A&E**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.45 **Buying the View**
8.15 **Dress to Impress**
9.10 **The Only Way Is Essex**
12.15 PM **Deal or No Deal**
3.20 **Catchphrase**
4.05 **FILM How to Train Your Dragon** Animated adventure featuring the voices of Jay Baruchel and Gerard Butler. (2010, PG, 98min) ★★★★
6.00 **FILM Kung Fu Panda 2** Animated adventure sequel with the voice of Jack Black. (2011, PG, 90min) ★★★★

7.45 Tomb Raider

7.45 **FILM Tomb Raider** Action adventure based on the video game, and starring Alicia Vikander. A kickboxing heiress risks her life to save her missing father when she discovers a clue to his location. With Dominic West, Walton Goggins and Kristin Scott Thomas. (2018, 12, 118min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Family Guy** 9/18. Meg is recruited as a model. (S13)
10.30 20/21. Lois and Donna get into a fight over their parenting styles. (S12)
11.05 **Family Guy** 21/21. Stewie goes back in time to break up Peter and Lois so that he is never conceived. (S12)
11.35 **American Dad!** (S15)
12.35 AM **Deal or No Deal**
2.25 **Transaction** 1/6. (S1)
2.50 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **On the Buses**
6.30 **A Touch of Frost**
8.40 **Doc Martin** 6/9. (S10)
9.40 **Wycliffe** 1/6. (S1)
10.45 **Foyle's War** *The German Woman:* Foyle is frustrated when everyone goes off to war.
12.50 PM *The Russian House:* Foyle stumbles on an international cover-up.
2.55 *The Hide:* Foyle helps a man sentenced to hang.
5.00 *The Eternity Ring:* MI5 recruit Foyle to investigate a suspected Soviet spy ring.

7.00 Midsomer Murders

7.00 **Midsomer Murders** *For Death Prepare:* The members of amateur operatic society the Midsomer Mummers are busy rehearsing for their charity concert when the body of an unknown man is found in their theatre.

9.00 **Vera** *Broken Promise:* The detective investigates when a student falls to his death in mysterious circumstances, so Vera turns to friends and family to glean all she can about the dead man.

11.00 **Foyle's War** *The Cage:* The detective's investigation into the death of a nameless Russian leads to a mysterious military facility being run by a respected colonel.
12.50 AM **Long Lost Family**
1.50 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **Our Lives: The Haggis Hunters** Families competing in the World Haggis Championships.
7.45 **Sacked in the Morning** With Dean Saunders.
8.00 **Sportscene: Premiership Highlights** Featuring Hearts v Hibernian and Dundee United v Livingston.
9.00 **Best of Only an Excuse?** 2/4. Highlights of the hit comedy series.
9.30 **Gary: Tank Commander** 3/6. An old rival of Gary's is posted to the barracks. (S3)
10.00 **FILM Beats** Comedy starring Martin Donaghy and Brian Ferguson. (2018, 18, 101min) ★★★
11.35 PM **to 12.00** M'T **T in the Park: Best Bits** Performances by Lady Gaga and Calvin Harris.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **The Conners** (S5)
9.00 **Ballers** 3-5/10. (S2)
10.55 **Veep** (S6&7)
12.50 PM **Sex and the City**
4.00 **Will & Grace** (S3)
6.30 **The Office (US)** 25/25. Jan decides to move in with Michael. (S3)
7.00 1/19. Michael hits Meredith with his car.
7.30 2/19. Michael organises a fun run in aid of rabies awareness.
8.00 3/19. Ryan returns for the first time since his promotion.
8.30 4/19. Michael and Dwight present food gift baskets to seven former clients. (S4)
9.00 **Ladies & Gentlemen: 50 Years of SNL Music**
11.15 **FILM Don't Tell Mom the Babysitter's Dead** Teen comedy starring Christina Applegate and Joanna Cassidy. (1991, 15, 105min) ★★★
1.15 AM **And Just Like That...**
3.05 **to 5.00** AM **Girls**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Titanic: The Musical**
8.20 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
1.00 PM **Cirque du Soleil: Volta** Extreme sports.
3.00 **Coldplay: How We Saw the World – Live in Toronto**
5.00 **Portrait Artist of the Year** With Alex Jones and Kyla Harris.
6.00 **Johnny Cash: A Legend in Concert**
6.50 **Tina Turner – What's Love Live** From 1993.
9.00 **Tina** A celebration of Tina Turner's career.
11.10 **Gloria Gaynor: I Will Survive**
1.20 AM **Pauline Black: A 2-Tone Story**
3.10 **Johnson & Knopfler's Music Legends**
4.10 **The Great Songwriters**
5.10 **Discovering: Leonard Cohen**
5.35 **to 6.00** AM **Discovering: The Doors**

Sky Mix

151 158 135 11 141 23

6.00 AM **Nothing to Declare**
8.00 **The Slow Mo Guys' Big Adventures**
8.25 **Monkeys and Apes: Wild Files** Documentary.
8.35 **Where's Wally**
9.00 **Nothing to Declare**
11.00 **Malawi Wildlife Rescue**
12.00 NOON **Nature's Fast Attacks** Documentary.
1.00 PM **Africa's Hunters**
2.00 **Animal Senses**
3.00 **Impossible Animals**
4.00 **Age of the Big Cats**
5.00 **Cub Camp** The journey of an abandoned cub.
6.00 **Evolution Earth**
7.00 **Planet Weird**
8.00 **Caught on Dashcam**
9.00 **FILM Blacklight** Thriller starring Liam Neeson. (2022, 15, 104min) ★
11.00 **FILM Deadlock** Thriller. (2021, 15, 97min) ★
1.00 AM **World's Most Evil Killers** David Berkowitz.
2.00 **Nothing to Declare**
5.00 **to 6.00** AM **Highway Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Quiz show.
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Wheel of Fortune** Game show hosted by Graham Norton.
3.00 **Tenable** Double bill.
5.00 **Deal or No Deal** Stephen Mulhern hosts as contestant James tries to open the 22 red boxes in the right order.
7.00 **Lingo** Double bill of the quiz hosted by Adil Ray.
9.00 **Alan Carr's Epic Gameshow: Celebrity Special** The comedian hosts a star-studded version of *Play Your Cards Right*, with couples including Harry and Sandra Redknapp, and Martin and Shirlie Kemp taking part.
10.00 **Tipping Point** Triple bill of the game show.
12.50 AM **Alan Carr's Epic Gameshow – Celebrity Special** As 9.00pm.
1.45 **to 2.00** AM **Unwind**

Great! TV

157 167 170 34 32

8.00 AM **Little House on the Prairie** (S5&6)
3.00 PM **FILM Anna and the King** Romantic drama starring Jodie Foster and Chow Yun-Fat. (1999, 12, 145min) ★★★★
6.00 **FILM Australia** Baz Luhrmann's romantic adventure starring Nicole Kidman and Hugh Jackman. (2008, 12, 158min) ★★★
9.20 **FILM The Patriot** Epic period drama starring Mel Gibson and Heath Ledger. A plantation owner is drawn into the American War of Independence after a British officer shoots one of his children in cold blood. (2000, 15, 167min) ★★★
12.40 AM **The Avengers**
2.35 **M*A*S*H** 11-13/24. (S1)
4.00 **to 4.50** AM **Highway to Heaven**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Best of the 70s**
6.15 **The Protectors**
6.45 **Magnum, PI**
7.50 **Cadfael**
9.30 **Racing: The Opening Show**
10.30 **The Big Match Revisited**
11.35 **Football Rivalries**
11.50 **The Saint**
2.00 PM **LIVE Extreme E**
3.00 **Ice Road Truckers**
4.00 **River Monsters**
4.30 **Sharpe** *Sharpe's Eagle*: The army officer sets his sights on a French eagle standard.

6.40 Sharpe

6.40 **Sharpe** *Sharpe's Company:* The return of an old enemy leads to a series of problems, beginning with the loss of Sharpe's captaincy, and culminating in a race against time to rescue Teresa from the city of Badajoz before Wellesley's forces attack.
9.00 **English Football League Highlights** Action from matches including Hull City v Sheffield United, Blackburn Rovers v Stoke City and Portsmouth v Middlesbrough in the Championship.
10.35 **FILM The Expendables** Action thriller directed by and starring Sylvester Stallone. A mercenary team try to overthrow a corrupt dictator. With Jet Li. (2010, 18, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.30 AM **Wrestling: AEW Dynamite**
2.30 **to 3.00** AM **Unwind with ITV**
+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **FILM America Is Sinking** Adventure starring Johnny Pacar. (2023, PG, 80min) ★★
1.00 PM **Star Trek: The Next Generation** Five episodes of the sci-fi drama, including at: **4.00** 4/22. The crew come to the aid of a stricken cargo ship. **5.00** 6/22. The crew mediate in a conflict. (S2)
6.00 **Star Trek: Enterprise** 19/26. The Ferengi stun the crew and try to rob the ship. (S1)

11.00 Grimm

7.00 **Star Trek: Enterprise** *Oasis:* 20/26. The crew come to the aid of a vessel that has crashed on a desolate planet.
8.00 **Star Trek: Enterprise** *Detained:* 21/26. Archer and Mayweather are imprisoned after they enter a military zone.
9.00 **Star Trek: Enterprise** *Vox Sola:* 22/26. An alien creature invades the ship ensnaring the crew and feeding off them.
10.00 **Star Trek: Enterprise** *Fallen Hero:* 23/26. Trouble ensues when the crew is asked to transport a Vulcan ambassador. (S1)
11.00 **Grimm** 4/22. A creature puts women under a spell. **12.00** M'T 5/22. A music teacher is eaten by rats. **1.00** AM 6/22. A mysterious biker has a connection to a series of explosions. (S1)
2.00 **Grimm** 7/22. (S1)
3.00 **Room 104** 1&2/12. (S1)
4.10 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S1)
10.00 **The Doctor Blake Mysteries**
12.00 NOON **Inspector George Gently** *Gently in the Night.*
2.00 PM **Father Brown** Four episodes, including at: **4.00** *The Kembleston Olimpicks:* Rivalries escalate to murderous heights at the Kembleston Olimpicks. **5.00** *The Forensic Nun:* Sister Boniface is implicated in the murder of a renowned artist.
6.00 **The Coroner** 5/10. Guest stars Katy Brand. (S1)

7.00 The Coroner

7.00 **The Coroner** *Capsized:* 6/10. A man is found dead in a container that has mysteriously washed up on the beach. (S1)
8.00 **Father Brown** *The Blessing of the Father:* A would-be killer seems set to ruin Mrs Devine and Sullivan's big day.
9.00 **Shakespeare & Hathaway: Private Investigators** 2/10. Frank, Lu and Sebastian go undercover. (S5)
10.00 **Death in Paradise** *An Unholy Death:* 2/8. A nun is found dead in a smoke-filled bedroom in her convent. (S2)
11.00 **Father Brown** *The Serpent Within:* Sullivan is arrested for receiving stolen goods.
12.00 M'T **Father Brown**
1.00 AM **Murdoch Mysteries**. (S1)
2.00 **Hightown** 1/8. (S1)
3.10 **to 4.00** AM **Murdoch Mysteries**
+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.20 AM **Only Fools and Horses**
12.55 PM **Only Fools and Horses** The Trotters prepare for Raquel to finally give birth. **2.00** Del grabs an opportunity to make a quick profit. **3.05** An audition gives Raquel the chance of a lifetime. **4.10** Del becomes a showbiz entrepreneur after discovering a Tom Jones-style singer. **5.15** Del is invited to a school reunion at the Nag's Head. **6.25** Del's latest scheme involves salmon-poaching.

7.00 Fawlty Towers

7.00 **Fawlty Towers** Hotel inspectors throw Basil into a grovelling panic. **7.40** Basil decides to enhance the hotel's reputation with a night of gourmet cuisine.
8.20 **Only Fools and Horses** Uncle Albert falls victim to muggers, so Del-Boy resolves to take the law into his own hands.
9.25 **Only Fools and Horses** Rodney and Albert worry the flat will become too overcrowded once Raquel and Del's baby arrives.
10.35 **Men Behaving Badly** Tony decides to break up with his girlfriend to be with Deborah.
11.05 **Men Behaving Badly** Gary sells one of Dorothy's records.
11.40 **Bottom**
12.20 AM **Bottom: Exposed**
2.30 **Bottom**
3.00 **Black Ops**
3.30 **to 4.00** AM **Men Behaving Badly**
+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Highlights**
9.00 **Railroad Australia**
11.00 **Top Gear** With Harry Enfield.
12.00 NOON **World's Most Dangerous Roads**
2.00 PM **Will & Ralf Should Know Better** Getting older.
3.00 **Would I Lie to You? At Christmas**
3.40 **Would I Lie to You?**
5.00 **Would I Lie to You? The Unseen Bits** Compilation.
5.40 **Would I Lie to You? The Best Bits** Series highlights.
6.20 **Would I Lie to You?**

9.00 Parks and Recreation

7.00 **Red Dwarf** Lister is forced to marry the daughter of an alien tribal chief. **7.40** Rimmer ends up marooned on a bizarre world for 600 years. **8.20** The crew members are surprised to receive an SOS call from themselves 15 years in the future.
9.00 **Parks and Recreation** Leslie's attempt to impress Mark lands her in trouble. **9.30** Leslie's mother receives a civic honour.
10.00 **Parks and Recreation** Andy celebrates having his casts removed.
10.30 **Not Going Out** Lucy has her handbag stolen.
11.05 **Not Going Out**
12.20 AM **Two Pints of Lager and a Packet of Crisps**
1.40 **Would I Lie to You? At Christmas**
2.15 **Would I Lie to You?**
3.00 **to 4.00** AM **Orlando Bloom: To the Edge**
+1 hour 211/212 327 74 259

Saturday

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Kirstie and Phil's Love It or List It: Brilliant Builds**
9.30 **Come Dine with Me**
12.00 NOON **Help! We Bought a Village**
3.00 PM **A Place in the Sun**
8.00 **Location, Location, Location** Searches in Greater Manchester and West Yorkshire.
9.00 **Grand Designs** Artist Sarah has plans for a radical home and creative hub in the Durham Dales.
10.00 **Sarah Millican: Bobby Dazzler** A stand-up special touching on various adult themes.
11.00 **FILM Anaconda** Jungle adventure with Jennifer Lopez and Ice Cube. (1997, 15, 90min) ★★★
12.50 AM **Gogglebox**
1.55 **Taskmaster**
2.55 **Big Fat Quiz: Best Bits**
3.55 **to 4.50** AM **Catching My Stalker**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **Blue Bloods** 3/22. (S8)
10.00 **Murder, She Wrote**
12.00 NOON **Blue Bloods**
4.00 PM **Law & Order: Criminal Intent** Five episodes, including at: **6.00** *Anti-Thesis:* 3/23. The murders of a university president and his assistant present the detectives with a number of suspects. **7.00** *Best Defence:* 4/23. An assistant district attorney guns down a hired killer. **8.00** *Chinoiserie:* 5/23. A mother of two is murdered. (S2)
9.00 **Jesse Stone: Stone Cold** Detective drama starring Tom Selleck and Mimi Rogers.
10.50 **Law & Order: Special Victims Unit** (S22&21)
2.40 AM **Criminal Minds**
3.30 **to 3.55** AM **Cops**
+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Entertainment News**
8.10 **Friends** 1-4/24. (S4)
10.05 **Operation Pet Rescue**
2.55 PM **Shoplifters: Caught Red Handed**
4.55 **Nightmare Tenants, Slum Landlords**
6.55 **FILM Shanghai Noon** Martial-arts Western comedy drama starring Jackie Chan. (2000, 12, 109min) ★★★
9.00 **FILM Den of Thieves** Crime thriller starring Gerard Butler. The Los Angeles county sheriffs' department hunt a gang of criminals who are plotting a bank heist. (2018, 15, 137min) ★★★
11.50 **Piers Morgan Uncensored**
1.50 AM **Banged Up Abroad**
2.40 **Casualty 24/7: Every Second Counts**
3.30 **Highway Patrol**
3.55 **to 4.00** AM **Entertainment News**
+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Police Interceptors**
9.55 **Motorway Patrol**
10.25 **MacGyver** (S2&3)
2.50 PM **FILM Gunpoint** Western starring Audie Murphy and Joan Staley. (1966, U, 90min) ★★
4.35 **FILM Death Rides a Horse** Spaghetti Western starring Lee Van Cleef and John Phillip Law. (1969, 15, 111min) ★
7.05 **FILM Raid on Rommel** World War Two drama starring Richard Burton and John Colicos. (1971, 15, 94min) ★★
9.00 **FILM The Taking of Pelham One Two Three** Thriller about the hijacking of a New York subway train, starring Walter Matthau. (1974, 15, 104min) ★★★★
11.05 **Concorde: 120 Seconds to Disaster**
12.05 AM **Cops**
1.00 **to 4.00** AM **World's Deadliest Weather: Caught on Camera**

U&W

132/133 131/133 125 25 156 28

6.10 AM **The Bill**
11.00 **Tipping Point**
3.00 PM **Ambulance Australia** Four editions.
7.00 **Pete Wicks: For Dogs' Sake** Pete meets a puppy who needs urgent treatment for a badly broken leg. **8.00** Pete travels to Northern Ireland to pick up three dogs and bring them back to Essex.
9.00 **One Born: What Happened Next?** Catching up with a couple whose baby was born with his bowel outside his body. **10.00** Featuring a woman who gave birth to premature twins.
11.00 **Stacey Dooley: Inside Spain's Narco Wars**
12.00 M'T **Interior Design Masters with Alan Carr**
2.30 **to 3.00** AM **Inside the Ambulance**
+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.05 AM **Birds of a Feather**
8.55 **Lovejoy** Triple bill.
11.55 **Father Brown**
12.55 PM **New Tricks**
2.55 **Signora Volpe**
4.55 **Whitstable Pearl**
7.00 **The Brokenwood Mysteries** *Bride Not to Be:* 2/4. A bride-to-be is discovered dead after her hen party. (S5)
9.00 **Bergerac** *Play Nicely:* 2/6. Bergerac doesn't care how many cages he rattles in his quest to find a kidnapped baby. (S1)
10.00 **Rebus** *The Hanging Garden:* DI John Rebus investigates a murder that looks set to result in gang warfare, but his inquiries come to a halt when his daughter is involved in an accident.
12.10 AM **Whitstable Pearl**
1.15 **The Heart Guy**
2.25 **to 4.00** AM **The Brokenwood Mysteries**
+1 hr 243 316 60 260

Really

142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** From Majorca.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **The Yorkshire Auction House**
11.00 **Celebrity Yorkshire Auction House**
1.00 PM **Antiques Road Trip**
6.00 **Hotel Inspector: You're Fired** Tackling two hotels at the same time.
7.00 **The Hotel Inspector**
8.00 **Cornwall Air 999**
9.00 **The Yorkshire Auction House** Angus helps an engineer and his wife with 200 clocks. **10.00** Angus unearths a collection of quirky scientific instruments. **11.00** Angus discovers fairground items and a 1920s Ford Model T.
12.00 M'T **Celebrity Help! My House Is Haunted**
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
8.00 **Pointless Celebrities**
9.00 **Bruce's Price Is Right**
10.00 **Bruce Forsyth's Generation Game**
11.20 **All Star Family Fortunes** The families of Kelly Holmes and Phil Tufnell compete.
12.00 NOON **Dickinson's Real Deal** From Burton upon Trent, where objects include a Moorcroft vase.
1.00 PM **The Crystal Maze**
3.00 **Bullseye** Double bill.
4.00 **The Chase Celebrity Special** Double bill.
6.00 **The Chase** Triple bill.
9.00 **The Chase Celebrity Special** Featuring guests Sam Nixon, Ann Widdecombe, Mark Rhodes and Jimmy Carr.
10.00 **The Chase** Quiz show.
11.00 **Bullseye** Ten editions of the darts-based quiz.
4.00 AM **The Chase Celebrity Special**
5.00 **to 6.00** AM **The Chase**

Great! Action

323 319 426 42 33

9.00 AM **The High Chaparral**
11.00 **FILM The Three Musketeers** Comedy. (1993, PG, 106min) ★★
1.15 PM **FILM Winchester '73** Western. (1950, b/w, U, 92min) ★★★
3.15 **FILM The Wild and the Innocent** Western starring Audie Murphy. (1959, PG, 84min) ★★
5.10 **FILM The Guns of Fort Petticoat** Western starring Audie Murphy. (1958, PG, 82min) ★★
7.00 **FILM Firewalker** Action adventure with Chuck Norris and Lou Gossett Jr. (1986, 15, 104min) ★
9.25 **FILM Unleashed** Action drama starring Jet Li and Morgan Freeman. (2005, 18, 102min) ★★★
11.40 **The Persuaders!**
2.35 AM **Cops Uncut**
4.25 **Wild West Chronicles**
5.15 **to 6.00** AM **Coast Guard Alaska**

+1 hour 324

Great! Mystery

321 318 425 50 48

7.10 AM **Hart to Hart**
8.15 **Garage Sale Mysteries: Murder Most Medieval**
10.20 **FILM Lost Letter Mysteries: Truth Be Told** (2015, PG) ★★
12.10 PM **FILM Lost Letter Mysteries: The Impossible Dream**
2.05 **Ruth Rendell Mysteries: Master of the Moor**
5.10 **FILM Morning Show Mysteries: Countdown to Murder** Drama. (2019, PG, 83min) ★★
7.05 **FILM Mystery 101: An Education in Murder** Thriller. (2020, PG) ★★
9.00 **Hailey Dean Mysteries**
10.55 **FILM Martha's Vineyard Mysteries: A Beautiful Place to Die** (2020)
12.50 AM **FILM Circle of Friends** (2006) ★★★
2.45 **FILM Killer Mom** Thriller. (2017, 12, 89min) ★
4.20 **to 5.50** AM **FILM The Wrong Babysitter** (2017)

+1 hour 322

Great! Christmas

319 317 424 52 47

8.00 AM **FILM Battle of the Bulbs** (2010, U) ★★
10.05 **FILM Jingle Around the Clock** (2018, U) ★★
12.00 NOON **FILM A Song for Christmas** (2017) ★★
2.00 PM **FILM Snowbound for Christmas** Drama. (2019, PG, 93min) ★★
4.00 **FILM Christmas Connection** (2017) ★★
5.55 **FILM Grounded for Christmas** (2019) ★★
8.00 **FILM Love You Like Christmas** Drama. (2016, U, 88min) ★★
9.50 **FILM Reunited at Christmas** Romance. (2018, PG, 84min) ★★
11.50 **FILM A Christmas Wedding Date** Comedy. (2012, PG, 90min) ★★
1.55 AM **FILM Christmas at Holly Lodge** Drama. (2017, U, 90min) ★★
3.30 **to 4.50** AM **FILM Snowbound for Christmas** As 2.00pm.

+1 hour 320

Rewind TV

182 81 141

6.00 AM **Highlights**
8.30 **Lucky Feller**
9.00 **A Sharp Intake of...**
9.30 **Please Sir!** (S4)
11.00 **Haggard** 6&7/7. (S1)
12.00 NOON **The Tony Hancock Show**
12.30 PM **Jokers Wild**
1.00 **FILM Follow a Star** (1959, b/w, U) ★★★
3.00 **FILM Heather Ann** Drama. (1983, 15) ★★★
4.00 **Bubblegum & Cheese**
5.00 **Rewind and Remember**
5.30 **Lucky Feller**
6.00 **A Sharp Intake of Breath** 2/7. (S1)
6.30 **Please Sir!** (S4)
8.00 **In Loving Memory**
9.00 **Police Woman** (S1)
10.00 **A Day in the Life of Beryl Cook**
10.30 **Stereo Underground**
11.30 **Soap** 14&15/25. (S1)
12.30 AM **Jokers Wild**
1.00 **FILM The Outlaw** (1943, b/w, U) ★★★
3.15 **to 6.00** AM **Highlights**

DMAX

159 152 169 39 147 35

6.00 AM **Deadliest Catch**
10.00 **Outback Opal Hunters**
1.00 PM **Gem Hunters Down Under** Triple bill.
4.00 **Aussie Gold Hunters**
7.00 **Hoarding: Buried Alive**
9.00 **Body Bizarre** After 22 surgeries and losing his right eye, Amit refuses to be defined by incurable neurofibromatosis. **10.00** A man whose life changed for ever when surgeons removed a large piece of his skull. **11.00** A girl whose limbs were amputated when she was born is fitted for prosthetics. **12.00** M'T A Kenyan man developed a growth on his genitals. **1.00** AM A woman with thousands of tiny tumours on her skin.
2.00 **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Barefoot Contessa – Back to Basics**
12.00 NOON **Nigel Slater's Simple Suppers**
1.00 PM **James Martin's Great British Adventure**
3.00 **Secrets of the Curry Kitchen** Eight editions.
7.00 **Jamie's Easy Meals for Every Day** Double bill.
8.00 **Adam Richman Eats Football** Double bill.
9.00 **Diners, Drive-Ins and Dives** Guy Fieri visits a Hawaiian joint in Mesa. **9.30** Guy visits a funky Thai joint in Dallas.
10.00 **Cutthroat Kitchen: Knives Out** New edition The chefs make a hearty, high-end dinner in 45 minutes for a construction crew using only the crew's lunches.
11.00 PM **to 3.00** AM **Diners, Drive-Ins and Dives**

+1 hour 240/241 154

Legend

148 156 149 41 137 38

7.00 AM **FILM Doomwatch** Ecological chiller. (1972, 12, 92min) ★★★
9.00 **Charlie's Angels** (S2)
2.00 PM **FILM The Professionals** Western adventure. (1966, PG, 117min) ★★★★
4.15 **FILM Jet Pilot** Drama. (1957, U, 112min) ★★
6.25 **FILM Invasion of the Body Snatchers** Director Don Siegel's sci-fi chiller. (1956, b/w, PG, 80min) ★★★★★
8.00 **The Twilight Zone**
9.00 **FILM Hitman** Thriller with Timothy Olyphant and Dougray Scott. (2007, 15, 100min) ★★★
10.55 **FILM Street Kings** Police thriller starring Keanu Reeves. (2008, 15, 105min) ★★★
1.00 AM **FILM The Courier** Thriller. (2019, 18) ★
3.00 **to 4.50** AM **FILM Tales from the Lodge** Horror. (2019, 15, 93min) ★★

+1 hour 318 371 139

Legend Xtra

317 316 171 69 138 51

6.00 AM **FILM Global Meltdown** Sci-fi thriller. (2017, PG, 105min) ★
8.00 **FILM Sinbad and the Clash of the Furies** Action adventure. (2016, 12, 90min) ★
10.00 **FILM Airplane vs Volcano** Disaster movie. (2014, 15, 91min) ★
12.00 NOON **FILM Shark Lake** Disaster thriller. (2015, 15, 89min) ★★
2.00 PM **FILM Polar Storm** Sci-fi action thriller. (2009, PG, 92min) ★★
4.00 **Andromeda** (S2)
9.00 **FILM 2 Guns** Thriller with Denzel Washington and Mark Wahlberg. (2013, 15, 104min) ★★★
11.10 **FILM The Humanity Bureau** Sci-fi thriller starring Nicolas Cage. (2017, 15, 95min) ★★
1.05 **to 3.00** AM **FILM Last Passenger** Thriller. (2011, 15, 95min) ★★★

+1 hour 318 371 139

Blaze

164 169 174 64 161 41

6.00 AM **Storage Wars: Texas**
8.00 **Pawn Stars** Double bill.
10.00 **Strange Evidence**
12.00 NOON **Strangest Things**
2.00 PM **Secret Societies: In the Shadows**
4.00 **Alien Files Reopened**
7.00 **Ancient Aliens**
8.00 **The Proof Is Out There** The photographs taken in 1951 that suggest a woman combusted spontaneously in Florida.
9.00 **Alien Contact: The Pascagoula UFO Encounter** Evidence supporting the existence of extraterrestrial life.
10.45 **Alien Disclosure Files**
11.10 **Weird or What? with William Shatner** Three stories about blood-curdling curses. **12.05** AM Animals' supersensory powers.
1.00 AM **The UnXplained with William Shatner**
3.00 **to 6.00** AM **Hardcore Pawn**

5SELECT

153 166 138 46 133 30

9.00 AM **Jeremy Vine: The Week in Review**
10.30 **The Yorkshire Vet**
11.00 **Reuben Owen: Life in the Dales**
12.00 NOON **Murder, She Wrote** Five episodes.
5.00 PM **Britannia: Secrets of the Royal Yacht**
6.00 **The Queen Mary: Royals at Sea**
7.00 **World War I in Colour**
9.00 **Attack on Pearl Harbor: Caught by Surprise** An account of the attacks on the US naval base.
10.00 **Attack on Pearl Harbor: 30 Minutes in Hell**
11.00 **Attack on Pearl Harbor: Declaration of War**
12.00 M'T **Secret Spitfires: How Britain Won the War** Documentary.
1.00 AM **Sunken Warships: Secrets from the Deep**
2.00 **Thomas Cromwell: A Very Modern Tudor**
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 153 191 44 149 40

7.00 AM **A Place in the Sun**
11.00 **My Lottery Dream Home** Eight editions.
3.00 PM **Escape to the Country** Four editions.
7.00 **Escape to the Country** A couple look for a home in Derbyshire.
8.00 **Derelict Rescue** A couple have grand plans to transform an iconic lighthouse in Clyde. **9.00** Carly and Tim take on a rundown Sunday School.
10.00 **Escape to the Country** Helping a passionate horse enthusiast search for a rural respite. **11.00** Sonali Shah goes hunting in Cheshire with a couple who have a £450,000 budget. **12.00** M'T Alistair Appleton helps a businesswoman looking for a home in Hampshire.
1.00 **to 4.00** AM **Home Town**

+1 hour 258/262 391

TLC

133/134 139 165

7.00 AM **Curvy Brides Boutique** Reality series.
8.00 **Say Yes to the Dress: UK** Four editions.
10.00 **Outdaughtered: Busby Quints** Double bill.
12.00 NOON **Extreme Cheapskates**
1.00 PM **My 600lb Life: Where Are They Now?**
5.00 **The Family Chantel**
6.00 **Say Yes to the Dress: Atlanta** Four editions.
8.00 **Dr Pimple Popper** Robert has thousands of bumps on his arms that Dr Lee has never seen. **9.00** Jessica's cyst is close to her eye and could be dangerous for Dr Lee to remove.
10.00 **Dr Pimple Popper**
12.00 M'T **Sex Sent Me to the ER** Medical series.
1.00 AM **Extreme Couponing**
2.00 **Dr Pimple Popper**
5.00 **to 6.00** AM **Say Yes to the Dress: UK**

+1 hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Michael McIntyre's Big Christmas Show**
9.00 **Friends** (S8&9)
4.55 PM **FILM Batteries Not Included** Fantasy with Hume Cronyn. (1987, PG, 105min) ★★★★
7.00 **Bradley & Barney Walsh: Breaking Dad**
8.00 **Michael McIntyre's Big Christmas Show**
9.00 **Michael McIntyre: Happy & Glorious**
10.00 **FILM National Lampoon's Animal House** Comedy. (1978, 15, 109min) ★★★★★
12.15 AM **Iain Stirling's Roast the Internet**
1.15 **8 Out of 10 Cats**
2.15 **Whose Line Is It Anyway? USA**
3.15 **Beavis and Butt-Head**
3.55 **Mike Judge's Beavis and Butt-Head**
4.15 **to 5.00** AM **Most Ridiculous**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Everybody Loves Raymond** (S2)
7.00 **Teleshopping**
9.00 **Everybody Loves Raymond** (S2&3)
5.00 PM **Friends** (S9)
6.50 **Friends** 5/24. The pals look forward to Phoebe's birthday meal. **7.20** 6/24. Ross disagrees with Rachel's choice of nanny. **8.00** 7/24. Phoebe fails to impress her boyfriend's parents. **8.30** 8/24. Rachel's sister joins the gang. **9.00** 9/24. Chandler pays a visit to Monica. **9.30** 10/24. Chandler gets stuck in Tulsa. **10.00** 11/24. Rachel meets her stand-in. (S9)
10.30 **Friends** 12-16/24. (S9)
1.15 AM **Utopia** (S2)
1.35 **Key & Peele**
4.40 **Beavis and Butt-Head**
5.15 **to 6.00** AM **Everybody Loves Raymond**

Sky Replay

152 160 156

7.00 AM **Four Weddings**
9.00 **Bondi Rescue**
2.00 PM **Caught on Dashcam** Five editions.
7.00 **SEAL Team** *The Ones You Can't See:* 7/20. The unit help try to prevent a sniper attack on US dignitaries. **8.00** *Danger Crossing:* 8/20. The unit are sent to rescue a Marine pilot. **9.00** *Kill or Cure:* 9/20. The unit protect aid convoys in an Ebola hot zone. **10.00** *Unbecoming an Officer:* 10/20. Jason leads his first mission. **11.00** *Siege Protocol – Part One:* 11/20. Bravo Team travel overseas to extract a CIA agent. (S3)
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own** Triple bill.
4.00 **to 6.00** AM **Four Weddings**

MTV

126/127 137 134 351 366

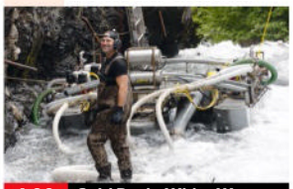
6.00 AM **The Hills**
6.20 **Teen Mom UK**
7.10 **Teen Mom OG**
1.00 PM **Catfish: The Dramatic** Reality series.
2.00 **Catfish: The TV Show**
4.00 **Catfish: Love Triangles**
5.00 **Catfish: The TV Show**
8.00 **Catfish: On the Run** A woman needs to know about the man who comforted her after she got shot.
9.00 **Sweet Home Alabama** Devin takes the remaining suitors to her hometown of Tuscaloosa. **10.00** Devin surprises the remaining men with a visit from her father. **11.00** Devin takes the final four suitors on the most romantic dates yet. **12.00** M'T Devin makes her final decision.
1.00 AM **The Challenge: Vets & New Threats**
2.20 **to 4.00** AM **Catfish: The TV Show**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **Expedition X**
12.00 NOON **Naked and Afraid: Last One Standing**
3.30 PM **Discovery Changed My Life** Extraordinary individuals reveal how shows they watched inspired them and transformed their lives.
4.00 **Gold Rush: White Water** Dustin Hurt and his crew set out on their most ambitious and dangerous season ever.
6.00 **Deadliest Catch** Rick and Bob take a huge wave and lose their electronics.



4.00 Gold Rush: White Water

7.00 **Gold Divers** Part one of two. The weather is turning, so it's make or break time for many miners in the fleet.

8.00 **Gold Divers** Part two of two. Vern finds a lucky nugget, while Shawn battles freezing ground as the weather is turning.

9.00 **Naked and Afraid Apocalypse** In a scorched wasteland, 12 battle-tested veterans scavenge the ruins to survive, and an elephant forces a camp to make shelter from junked cars.

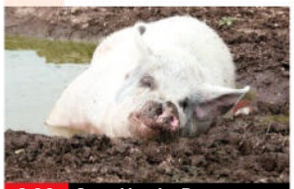
11.00 **Expedition Unknown** Josh investigates a scandal over Wild West legend Buffalo Bill Cody's remains.
12.00 M'T **Deadliest Catch** John and Josh try to outmanoeuvre a Russian captain.
1.00 AM **Deadliest Catch**
4.00 **to 5.00** AM **Buying Alaska**

+1hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **Alaska: Homestead Rescue** Documentary.
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **Alaska: Homestead Rescue**
5.00 **Treehouse Masters** Two tastemakers hire Pete Nelson to create a cool treetop structure with a crow's nest.
6.00 **Saved by the Barn** Dan embarks on a trip to Chicago to give cockfighting roosters a second chance.



6.00 Saved by the Barn

7.00 **How Do Animals Do That?** How caterpillars transform into butterflies. **7.30** A look into why some cats are cross-eyed.

8.00 **Extinct or Alive** Forrest Galante scours Vietnam in search of one of the last living specimens of the giant softshell turtle.

9.00 **The Zoo** A new bison calf struggles to keep up with its mother, and keepers hope the female snow monkeys accept a male.

10.00 **Tanked** Brett and Wayde reveal information about the fish that customers and fans ask them about the most.

11.00 **Alaska: The Last Frontier** Shane and Kelli break ground on their cabin.
12.00 M'T **Project Grizzly** The bears learn to forage in the wild.
1.00 AM **Project Grizzly**
2.00 **Alaskan Bush People**
3.00 **Extinct or Alive**
4.00 **to 5.00** AM **The Zoo**

+1hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Border Protection Spain**
9.00 **Construction Fails**
11.00 **Air Crash Investigation**
12.00 NOON **Air Crash Investigation: Surviving Disaster**
1.00 PM **Top Guns: The Next Generation** Documentary.
2.00 **Lost Ships of WW2**
3.00 **Nazi Megastructures**
4.00 **Apocalypse: The Rise of Hitler** Double bill of editions.
6.00 **The Battle for Britain: Drain the Oceans** The wrecks of planes and ships from the Battle of Britain.

6.00 The Battle for Britain...

7.00 **Seconds from Disaster** An investigation into the causes behind the train crash that killed more than 100 people in Japan.

8.00 **Car S.O.S** Fuzz Townshend and Tim Shaw restore a 1962 Mini Cooper belonging to a former rally driver.

9.00 **Car S.O.S** Tim and Fuzz restore a 2002 Suzuki Jimny, gifted to retired NHS nurse Joanna by her late father.

10.00 **Car S.O.S** Fuzz and Tim restore a Jaguar Mk2 which the owner has been unable to work on following an operation.

11.00 **Car S.O.S** Tim and Fuzz are taking on a 1984 Opel Manta GTE owned by a former amateur rally driver.
12.00 M'T **Inside Airport Lost & Found** Triple bill of editions.
2.55 AM **Food Factory USA**
3.45 **To Catch a Smuggler**
4.35 **to 5.00** AM **Money Meltdown**

+1hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Full Custom Garage**
7.00 **Storage Wars** Four editions.
9.00 **Curse of Skinwalker Ranch**
10.00 **Beyond Skinwalker Ranch**
11.00 **Pawn Stars** Double bill.
1.00 PM **Auschwitz – Countdown to Liberation** Documentary.
3.00 **Greatest Escapes of WWII**
5.00 **The Great British Dig: History in Your Back Garden** The team search for the house of the head of the Elizabethan Secret Service.
6.00 **Bone Detectives** Examining sliced-open human skulls.

9.00 Triumph: Jesse Owens...

7.00 **Secrets in the Ice** Mountain climbers find the body of a US Army soldier, and glass is found in an unexpected place.

8.00 **Secrets in the Ice** Archaeologists make a grim discovery when they uncover the remains of a mummified boy.

9.00 **Triumph: Jesse Owens and the Berlin Games** The American track and field athlete's dedication, perseverance and triumph over German leader Adolf Hitler's Aryan supremacy agenda and his resilience against racism.

11.00 **History's Greatest Mysteries** The gigantic statues of Easter Island, which have mystified humanity for centuries.
12.00 M'T **Secrets in the Dark** At Mexico City's Templo Mayor, archaeologists uncover a 15th-century tower of 600 skulls.
1.00 AM **Evidence of the Unexplained** Triple bill.
4.00 **to 6.00** AM **Secrets in the Ice**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great Continental Railway Journeys**
8.00 **American Pickers**
9.00 **American Pickers: Best Of**
10.00 **Bangers & Cash**
11.00 **Find It, Fix It, Flog It**
1.00 PM **One Foot in the Grave**
3.00 **Fred Dibnah's Age of Steam**
5.00 **Flipping Bangers** Gus and Will hunt down an Alfa Romeo 155 hiding in a barn.
6.00 **Bangers & Cash** A vivid Dutch DAF 66 – in daffodil yellow – lands at the North Yorkshire showroom.

3.00 Fred Dibnah's Age of Steam

7.00 **Bangers & Cash** Paul is on a big day out collecting a 1971 Jaguar E-Type and a 1933 Morgan three-wheeler Supersport.

8.00 **Bangers & Cash** Jack is off to East Yorkshire for an 80's motor, where a Ford enthusiast is thinning out his herd of Escorts.

9.00 **Bangers & Cash** Dave is in fast car heaven as he picks up a rare Subaru Impreza and a powerful Ford Escort RS Cosworth.

10.00 **Bangers & Cash** Derek picks up a Morgan sports car, while a World War Two ambulance arrives at Thornton le Dale.

11.00 **Bangers & Cash** Derek receives a beautiful green Renault van, previously used as a bread van in Paris. **12.00** M'T Derek heads to Scotland in a rainstorm to pick up a Jaguar E-type and a rare MGC convertible.
1.00 **to 3.00** AM **Bangers & Cash**

+1hour 255 329

Saturday

7 PM

8 PM

9 PM

10 PM

Quest

144 149 137 12 144 17

6.00 AM **Supertruckers**
8.00 **Wheeler Dealers**
9.00 **MotoGP** Recent action.
10.00 **Wheeler Dealers**
3.00 PM **Shed and Buried**
6.00 **Shed and Buried: Classic Cars**
9.00 **Ant Anstead: Born Mechanic** Ant haggles with a 91-year-old Italian Nonna in an attempt to get a 1970 Fiat 500, but it's full of faults.
10.00 **Massive Engineering Mistakes** The effects of engineering disasters.
11.00 **Gem Hunters Down Under** Ray takes on the job of sawing through his biggest rough stones. **12.00** M'T The Richardsons dig deep at the old Rabbi Claim.
1.00 AM **Mysteries of the Deep** Double bill.
3.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress**
7.00 **Curvy Brides Boutique**
8.00 **Say Yes to the Dress**
10.00 **Say Yes to the Dress: Atlanta** Double bill.
11.00 **Curvy Brides Boutique**
12.00 NOON **Forensic Detectives** Triple bill.
3.00 PM **The Detectives: My Killer Case**
7.00 **British Police Murdered on Duty**
9.00 **Murder on CCTV** New edition The slaying of a homeless man.
10.00 **A Body in the Basement** New edition Friends find Brad McGarry shot dead in the basement of his home in Ohio.
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Documentary.
3.00 **to 4.00** AM **FBI Files**

+1hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
6.05 **Storm of Suspicion** A shocking tip sends detectives on a search in brutal temperatures.
7.00 **Secrets of a Murder Detective** A murder investigation with no body and a love triangle. **8.00** Detective Keogh and SIO Terry Crompton discuss the 2016 murder of Yang Liu.
9.00 **Donal MacIntyre's Killer Evidence** A homeless man finds human limbs wrapped in black bin bags. **10.00** The murder of Lucy McHugh.
11.00 **See No Evil**
12.00 M'T **Secrets of a Murder Detective**
2.00 AM **Medical Detectives**
3.00 **Uncovering Melanie's Murderer**
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Murder UK**
2.00 PM **Forensic Factor** From tropical Hawaii to the frigid waters of Lake Ontario, experts reveal the clues nature leaves behind on a corpse. **3.00** Crime fighters map the psychological and physical terrain of multiple murderers.
4.00 **Written in Blood** Simon Toyne travels to Wimbledon, south-west London, to re-examine the murder of Rachel Nickell, a young mother attacked while walking with her young son. **5.00** Simon travels to Yorkshire to investigate the abduction and murder of school girl Leanne Tiernan.
6.00 **Judge Judy** Real-life small-claims cases.
2.00 AM **Forensic Factor**
4.00 **Citizen Detective**
4.45 **to 6.00** AM **Facing Evil**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Stop, Search, Seize**
7.00 **Brit Cops: Frontline Crime UK** Documentary.
8.00 **Highway Patrol**
9.00 **The Real Manhunter**
10.00 **Killer in My Village**
11.00 **World's Most Evil Killers**
12.00 NOON **The Beverley Allitt Tapes** Triple bill.
3.00 PM **Killer in My Village**
4.00 **Killing Mum and Dad**
5.00 **Britain's Most Evil Killers** True-crime.
6.00 **How I Caught the Killer**
7.00 **World's Most Evil Killers**
8.00 **Forensics: Catching the Killer** Documentary.
9.00 **Murder in the Valleys**
11.00 **Killer in My Village**
12.00 M'T **Murder in the Valleys** True-crime.
2.00 AM **The Killer Within**
3.00 **Ireland's Most Evil Killers** Colin Whelan.
4.00 **Road Wars**
5.00 **to 6.00** AM **Highway Patrol**

+1hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Who Killed Ivan the Terrible?**
9.05 **Secrets of the Royal Palaces** Four editions.
1.00 PM **Secrets of the Royal Palaces**
5.05 **Britain's Biggest Dig** The excavation of a cemetery to make way for the HS2 rail link. **6.20** The search for the lost remains of an explorer and a boxer. **7.40** How Birmingham became one of the most important industrial cities on the planet.
8.55 **The Siege of Leningrad** The 872-day German and Finnish encirclement of the Soviet city.
10.00 **Rum & Revolution: History of Havana**
11.00 **Legends and Luxury – History of Marrakesh**
12.00 M'T **Rum & Revolution: History of Havana**
1.00 **to 2.00** AM **Grand Tours of the Scottish Islands**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Discovering: Brad Pitt**
7.00 **Discovering: Matt Damon**
8.00 **The Directors** Double bill.
10.00 **Janet Jackson** Four editions.
2.00 PM **On the Line: The Richard Williams Story** The father of tennis stars Venus and Serena retraces his family's journey.
3.50 **What's My Name: Muhammad Ali**
7.00 **Lancaster** The story of the legendary bomber synonymous with the Dambusters.
9.00 NEW SERIES **The Essex Murders: Who Killed Goldfinger?** Investigating the unsolved 2015 murder of John Palmer, who was nicknamed Goldfinger after his involvement in melting down gold from the 1983 Brink's-Mat robbery. *See feature, page 21.*
10.00 FILM **Touching the Void** Dramatised documentary. (2003, 15, 106min) ★★★★★
12.00 M'T **Music Box** Documentary.
2.00 AM **Meth Storm**
4.00 **to 6.00** AM **The Loneliest Whale: The Search for 52**

Sky Nature

145 113/114 189 354 369

6.00 AM **Monkeys: An Amazing Animal Family** Double bill.
8.00 **Wildlife Icons**
10.00 **Shark Squad** Double bill.
12.00 NOON **Deep Dive North America** Documentary.
1.00 PM **Snow Leopards with Dan O'Neill**
2.00 **Malawi Wildlife Rescue**
5.00 **Osprey** A veteran pair of osprey return home.
6.00 **David Attenborough's Rise of Animals: Triumph of the Vertebrates** Double bill.
8.00 **Battle of the Alphas**
9.00 **Surviving the Amazon** The wildlife to be found in the Amazon's tree canopies.
10.00 **Bugs That Ruled The World**
12.00 M'T **Battle of the Alphas**
1.00 AM **Surviving the Amazon**
2.00 NEW SERIES **Pride Rules** A look into lion prides.
3.00 **Malawi Wildlife Rescue**
4.00 **Africa's Wild Roommates: How Animals Share Bed and Board** Documentary.
5.00 **to 6.00** AM **Malawi Wildlife Rescue**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Hitler v Churchill: The Eagle and the Lion** Double bill.
10.00 **Combat Trains**
11.00 **Inside the Tower of London**
1.00 PM **Britain's Most Historic Towns** Elizabethan Plymouth.
2.00 **Alien Files: Unsealed**
4.00 **Combat Trains** Double bill.
6.00 **Britain's Most Historic Towns** Alice Roberts visits Manchester. **7.00** Alice explores Edinburgh and its role in the union between England and Scotland.
8.00 **Nostradamus: 21st Century Prophecies Revealed** A look through some of Nostradamus's predictions.
10.00 **Clash of Ancient Warriors** The Battle of Sekigahara.
11.00 **Ancient Aliens** Investigating whether alien life forms are thriving in Earth's seas. **12.00** M'T An investigation into crop circles.
1.00 AM **Strangest Things**
3.00 **WWII's Most Daring Raids**
4.00 **WWII Battles in Colour**
5.00 **to 6.00** AM **Battle 360**

Crime+Investigation

156 142 133

6.00 AM **On the Case with Paula Zahn** Triple bill of editions.
8.55 **Court Cam** Six editions.
11.45 **Fugitives Caught on Tape**
1.05 PM **Meet, Marry, Murder**
3.00 **Very Scary People**
5.00 **Accident, Suicide or Murder?**
7.00 **Accident, Suicide or Murder?** Tragedy strikes when a volleyball coach dies in a car accident.
8.00 **Lie Detector: Truth or Deception** Raven Abaroa risks it all for a polygraph test.
9.00 **Look What You Made Me Do** A young mother is found dead.
10.00 **Laura Whitmore on Britain's Killer Teens** How Brian Blackwell killed his parents.
11.00 **Sleeping with Death**
12.00 M'T **Murdered by Morning**
1.00 AM **Mastermind of Murder**
2.00 **Cold Case UK** New edition Revisiting the files on investigations that went cold.
3.00 **Accident, Suicide or Murder?**
4.00 **to 6.00** AM **Meet, Marry, Murder**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Bizarre Animal Friends**
9.00 **Critter Fixers: Country Vets**
10.00 **Secrets of the Zoo: North Carolina** Documentary.
11.00 **The Incredible Dr Pol**
12.00 NOON **Yukon Vet**
2.00 PM **Africa's River Titans**
3.00 **Ice Road Rescue**
5.00 **Snakes in the City**
6.00 **Snakes in the City: Lady and the Mamba** Siouxsie Gillet faces some of the world's deadliest serpents.
7.00 **Critter Fixers: Country Vets** A greyhound suffers a seizure at the clinic, and a fox presents a large mystery mass in its tail.
8.00 **Secrets of the Zoo: Tampa Wild Sides** Documentary following Florida zoo staff.
10.00 **Wild Florida** Part one of two. Exploring the wildlife of the US state's coral islands, mangroves and sandy beaches.
11.00 **Snakes in the City**
12.00 M'T **Alaska: The Next Generation** Double bill.
2.00 AM **Secrets of the Zoo: Tampa**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 147 181 320 325

7.00 AM **Shed and Buried**
9.00 **Combat Dealers** Triple bill.
12.00 NOON **Shed and Buried**
3.00 PM **Salvage Hunters: The Restorers** Triple bill.
6.00 **How the Universe Works** Exploring what will happen if an asteroid hurtles towards Earth. **7.00** How the creation of stars changed the cosmos for ever. **8.00** The formation of a black hole, which is caused by a star's collapse and has a gravitational pull so strong not even light can escape it.
9.00 **Greatest Events of World War II** The Battle of the Bulge. **10.00** Rare archive footage of the Allies' bombing of the German city of Dresden. **11.00** Depicting the atrocities of World War Two.
12.00 M'T **Blowing Up History: Seven Wonders** Experts investigate the mystery behind ancient pyramids from all over the globe.
2.00 **to 5.00** AM **Combat Dealers**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **Africa from Above**
1.00 PM **Africa from Above** A fresh perspective of the continent, taking viewers on a spectacular aerial adventure. **2.00** Exploring the Kenyan Highlands and head across the country's vast savannahs. **3.00** Following the Volta River from the Sahel savannahs of the North. **4.00** The most populous landlocked country on Earth.
5.00 **The Two Ronnies** Sketches include Elizabeth Ah Ah and Ronnie Barker's Yearbook. **6.00** Featuring an instalment of Hampton Wick. **6.50** New World and Tina Charles perform on the vintage comedy and variety show. **7.40** Including Wedding Service and Done to Death. **8.30** Featuring an instalment of Hampton Wick.
9.30 **The Two Ronnies**
3.25 **to 6.00** AM **Great British Railway Journeys**

+1 hour 266 376

ID

154 141 166

8.00 AM **Diabolical: Deadly Love**
10.00 **The Killer in My Family**
12.00 NOON **Forbidden: Dying for Love** Double bill of editions.
2.00 PM **Valley of the Damned**
4.00 **Dark Waters: Murder in the Deep** Documentary.
5.00 **Grave Mysteries**
6.00 **Faking It: Tears of a Crime** The crimes of Dr Harold Shipman. **7.00** The death of Jamie Lavis.
8.00 **American Monster** The murder of 49-year-old Wendi Davidson, who was found strangled in the basement of a North Andover home.
9.00 **American Detective with Lt Joe Kenda** A strangulation case comes down to a chance encounter at a deli.
10.00 **Mean Girl Murders** When a member of a sorority is murdered, the whole group become suspects.
11.00 **Crime Scene Confidential**
12.00 M'T **Kiss of Death**
2.00 AM **The Lies That Bind**
4.00 **to 6.00** AM **Grave Secrets**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Swamp Loggers**
10.00 **How It's Made: Dream Cars**
11.00 **Bad Chad Customs**
12.00 NOON **Kindig Customs**
5.00 PM **Kindig Customs** The VW Bug build continues. **6.00** Dave and Kev select the top 10 builders at a show. **7.00** Dave takes on a restoration for clients celebrating their 25th anniversary.
8.00 **Scrapyard Dynasty** Terry and Lyndsay take a break in the Lake District, where Lyndsay has a surprise in store. **9.00** Terry challenges his staff to take on new skills. **10.00** Scrapyard owner Terry Walker looks for his next money-making scheme.
11.00 **Auto Trader** Advice about cars for camping holidays. **11.30** Advice on the best cabriolet to buy with £15,000. **12.00** M'T A family go on the hunt for a bigger vehicle. **12.30** AM Ageing trucks.
1.00 **to 5.00** AM **Swamp Loggers**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.30 AM **Bridget Jones: Mad About the Boy** As 8.00pm.
8.40 **Juliet & Romeo** Musical. (2025, 12, 122min) ★★★
10.45 **One of Them Days** Comedy. (2025, 15, 97min) ★★★
12.25 PM **Bridget Jones: Mad About the Boy** As 8.00pm.
2.30 PREMIERE **Code 3** (2023)
4.20 **Wolf Man** Werewolf horror. (2024, 15, 103min) ★★★
6.05 **Novocaine** Action comedy. (2024, 15, 80min) ★★★

10.10 Code 3

8.00 Bridget Jones: Mad About the Boy Romantic comedy starring Renée Zellweger. Recently widowed Bridget Jones enters the dating game once again, caught between her son's science teacher and a man 20 years her junior. (2024, 15, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 PREMIERE Code 3 Action comedy starring Rainn Wilson and Lil Rel Howery. On his final shift, a burned-out paramedic has to train his keen replacement. (2023, 15, 104min) ★★★★ *See review, page 23.*
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Nosferatu** Horror fantasy starring Bill Skarsgård. (2024, 15, 132min) ★★★★
2.20 **Spin the Bottle** Horror. (2024, 15, 119min) ★★
4.30 **to 6.15** AM **Die Alone** Drama. (2024, 15, 91min) ★★★★

Sky Cinema Bridget Jones

303 303 403 503 517

6.10 AM **Sky Cinema Preview**
6.35 **Bridget Jones's Baby** (2016)
8.45 **Bridget Jones's Diary** (2001)
10.30 **Bridget Jones: The Edge of Reason** As shown at 6.20pm.
12.25 PM **Bridget Jones's Baby**
2.30 **Bridget Jones: Mad About the Boy** As shown at 10.15pm.
4.40 **Bridget Jones's Diary** Comedy. (2001, 15, 96min) ★★★★
6.20 **Bridget Jones: The Edge of Reason** Comedy sequel. (2004, 15, 108min) ★★★

4.40 Bridget Jones's Diary

8.10 Bridget Jones's Baby Comedy sequel starring Renée Zellweger and Colin Firth. After a pair of one-night stands, the now single Bridget Jones winds up pregnant. With Emma Thompson. (2016, 15, 123min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 Bridget Jones: Mad About the Boy Romantic comedy starring Renée Zellweger. Recently widowed Bridget Jones enters the dating game once again, caught between her son's science teacher and a man 20 years her junior. (2024, 15, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Bridget Jones's Diary**
2.10 **Bridget Jones: The Edge of Reason** As shown at 6.20pm.
4.05 **to 6.15** AM **Bridget Jones's Baby** As shown at 8.10pm.

Sky Cinema Drama

310 310 410 510 524

6.50 AM **Drift** Drama with Cynthia Erivo. (2023, 15, 93min) ★★★★
8.25 **Grease** Smash-hit musical. (1978, PG, 110min) ★★★★
10.20 **The United States vs. Billie Holiday** Biopic starring Andra Day. (2021, 15, 126min) ★★★
12.35 PM **The Boy in the Striped Pyjamas** Drama starring Asa Butterfield and Vera Farmiga. (2008, 12, 94min) ★★★★
2.15 **Lost in Translation** Bittersweet romantic comedy drama. (2003, 15, 102min) ★★★★★
4.00 **About Time** Romantic comedy. (2013, 12, 120min) ★★★
6.05 **Sleepless in Seattle** Romantic comedy starring Tom Hanks. (1993, PG, 105min) ★★★★★
8.00 **Dunkirk** Christopher Nolan's drama with Kenneth Branagh. (2017, 12, 106min) ★★★★★
10.00 **There Will Be Blood** Drama starring Daniel Day-Lewis. (2007, 15, 158min) ★★★★★
12.50 AM **The Danish Girl** Period drama with Eddie Redmayne. (2015, 15, 117min) ★★★
3.00 **Fifty Shades of Grey** Erotic drama. (2015, 18, 120min) ★★
5.10 **to 6.50** AM **The Boy in the Striped Pyjamas** Drama. (2008, 12, 94min) ★★★★

Sky Cinema Science Fiction

311 311 411 511 525

7.45 AM **Cinema List: Horror Villains**
8.00 **Concrete Utopia** Drama. (2023, 15, 130min) ★★★★
10.15 **Chappie** Sci-fi thriller with Dev Patel. (2015, 15, 120min) ★★
12.20 PM **Terminator Salvation** Sci-fi action thriller sequel. (2009, 12, 110min) ★★★
2.20 **Slingshot** Thriller starring Casey Affleck and Laurence Fishburne. (2024, 15, 108min) ★★★
4.20 **Dark Skies** Paranormal thriller. (2013, 15, 97min) ★★★
6.10 **I Am Legend** Sci-fi horror thriller starring Will Smith. (2007, 15, 101min) ★★★★
8.00 **Kong: Skull Island** Action adventure with Tom Hiddleston. (2017, 12, 118min) ★★★★
10.05 **Jules** Comedy drama starring Ben Kingsley and Harriet Harris. (2023, 12, 87min) ★★★
11.40 **Resident Evil: Afterlife** Horror sequel starring Milla Jovovich. (2010, 15, 96min) ★★★
1.20 AM **Hollow Man** Sci-fi thriller starring Elisabeth Shue. (2000, 18, 113min) ★★★
3.25 **Event Horizon** Sci-fi horror thriller. (1997, 18, 96min) ★★★
5.05 **Sky Cinema Preview**
5.40 **to 7.15** AM **Timestalker** Fantasy. (2024, 15, 89min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family
306 306 406 506 519

6.35 AM **Friend or Foe** As 3.15am.
7.55 **Goosebumps** (2015, PG) ★★★
9.45 **The SpongeBob SquarePants Movie** (2004, U) ★★★★
11.15 **Blithe Spirit** Comedy. (2020, 12, 95min) ★★★
1.00 PM **Bean** (1997, PG) ★★★
2.35 **Mr Bean's Holiday** Comedy. (2007, PG, 89min) ★★★
4.10 **Look Who's Talking** Comedy. (1989, 12, 96min) ★★★
6.00 **Snow White and the Huntsman** (2012, 12) ★★★

8.10 Ghostbusters: Frozen...

8.10 **Ghostbusters: Frozen Empire** Supernatural comedy adventure sequel starring Paul Rudd and Carrie Coon. Three generations of the team join forces to stop a second ice age. With Finn Wolfhard. (2023, 12, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Look Who's Talking Too** Comedy sequel starring Kirstie Alley, John Travolta and the voice of Bruce Willis. Baby Mikey finds himself with a new sister. (1990, 12, 77min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **The Adventures of Sharkboy and Lavagirl in 3-D** Fantasy. (2005, U, 98min) ★★
1.30 AM **The Flintstones** Comedy. (1994, U, 93min) ★★★
3.15 **Friend or Foe** Family drama. (1981, U, 70min) ★★★
4.40 **to 6.35** AM **Finding Neverland** Period drama. (2004, PG, 101min) ★★★★

Sky Cinema Action
307 307 407 507 521

7.25 AM **The Huntsman: Winter's War** Fantasy adventure. (2016, 12, 114min) ★★★
9.20 **American Sniper** Biopic. (2014, 15, 127min) ★★★★
11.35 **Justice League** Adventure. (2017, 12, 120min) ★★
1.40 PM **Shazam!** Action comedy. (2019, 12, 132min) ★★★★
4.05 **300** Historical adventure. (2006, 15, 116min) ★★★★
6.10 **Snakes on a Plane** Thriller. (2006, 15, 105min) ★★★

6.10 Snakes on a Plane

8.00 **Mad Max: Fury Road** Sci-fi thriller starring Tom Hardy, Charlize Theron and Nicholas Hoult. A drifter in a post-apocalyptic wasteland helps a warrior to liberate a sadistic warlord's five brides. (2015, 15, 120min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Twisters** Disaster sequel starring Daisy Edgar-Jones and Glen Powell. A meteorologist crosses paths with a storm-chasing social media star in Oklahoma. (2024, 12, 122min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Crank** Thriller with Amy Smart and Jason Statham. (2006, 18, 88min) ★★★★
1.50 **Congo** Jungle adventure. (1995, 12, 108min) ★★★
3.40 **Enter the Dragon** Thriller. (1973, 18, 97min) ★★★★
5.30 **to 7.15** AM **R.I.P.D** Comedy. (2013, 12, 96min) ★★★

Sky Cinema Comedy
308 308 408 508 522

7.10 AM **Dumb and Dumber To** Comedy sequel. (2014, 15) ★★
9.00 **Mean Girls** (2023, 12) ★★★
10.55 **13 Going on 30** Comedy. (2004, 12, 98min) ★★★
12.35 PM **My Big Fat Greek Wedding 2** (2016, 12) ★★
2.25 **50 First Dates** Comedy. (2004, 12, 99min) ★★★
4.15 **Singin' in the Rain** Musical. (1952, U, 102min) ★★★★★
6.05 **Ted** Offbeat buddy comedy. (2012, 15, 106min) ★★★★

6.05 Ted

8.00 **Ted 2** Comedy sequel starring Mark Wahlberg and Amanda Seyfried, with the voice of Seth MacFarlane. The foul-mouthed talking teddy bear fights a court case for the right to be legally recognised as a person. (2015, 15, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **The Longest Yard** Comedy starring Adam Sandler and Chris Rock. After causing a traffic accident, an American Football quarterback is sentenced to three years in a brutal penitentiary. (2005, 12, 113min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Nacho Libre** Comedy. (2006, 12, 92min) ★★★★
1.45 **Baywatch** Action comedy. (2017, 15, 121min) ★★
3.50 **Sky Cinema Preview**
4.30 **to 6.20** AM **David Brent: Life on the Road** Mockumentary. (2016, 15, 96min) ★★

Sky Cinema Thriller
309 309 409 509 523

7.35 AM **The Wasp** As 2.25am.
9.15 **Antebellum** Horror mystery. (2019, 15, 105min) ★★
11.05 **Collateral** Michael Mann's thriller starring Tom Cruise. (2004, 15, 120min) ★★★★
1.10 PM **Red Dragon** Crime thriller. (2002, 15, 124min) ★★★
3.20 **The Equalizer** Action thriller. (2014, 15, 132min) ★★★
5.35 **Clear and Present Danger** Thriller starring Harrison Ford. (1994, 12, 141min) ★★★

8.00 K-19: The Widowmaker

8.00 **K-19: The Widowmaker** Thriller starring Harrison Ford, Liam Neeson and Peter Sarsgaard. In 1961, a Soviet atomic submarine's reactor cooling system springs a leak, threatening an explosion that could trigger World War Three. (2002, 12, 138min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **Fatal Attraction** Adrian Lyne's thriller about a married man whose one-night stand won't leave him alone, starring Michael Douglas. (1987, 15, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Lawless** Drama starring Shia LaBeouf and Tom Hardy. (2012, 18, 111min) ★★★★
2.25 **The Wasp** Thriller with Naomie Harris and Natalie Dormer. (2024, 15, 96min) ★★★★
4.05 **to 6.00** AM **Amongst the Wolves** Crime thriller. (2024, 15, 102min) ★★★

Film4
313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **A Christmas Carol** Drama. (1984, U, 100min) ★★
1.05 PM **Dragonball Evolution** Fantasy with Justin Chatwin. (2009, PG, 80min) ★★
2.45 **Baby's Day Out** Comedy. (1994, PG, 99min) ★★★
4.40 **Fatherhood** Comedy drama. (2021, 12, 109min) ★★★
6.45 **Independence Day: Resurgence** Sci-fi adventure. (2016, 12, 120min) ★★★

6.45 Independence Day...

Independence Day: Resurgence (film started at 6.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Mission: Impossible – Fallout** Thriller sequel starring Tom Cruise and Henry Cavill. Ethan Hunt, the IMF team and a CIA assassin try to prevent a disaster caused by a group of terrorists. (2018, 12, 147min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.55 PM **to 3.20** AM **Scarface** Brian De Palma's crime thriller starring Al Pacino and Michelle Pfeiffer. A Cuban refugee arrives in Florida, where he impresses the local crime boss with his cool handling of a cocaine deal and rapidly rises through the ranks of the underworld. (1983, 18, 163min) ★★★★

11 PM

+1 hour 314 430 47 301 257

Sky Cinema Halloween
302 302 402 502 516

6.55 AM **Nosferatu** As 5.00pm.
9.15 **Annabelle** Horror spin-off. (2014, 15, 97min) ★★
10.55 **Annabelle: Creation** Horror. (2017, 15, 109min) ★★★
12.50 PM **The Nun** Horror thriller. (2018, 15, 96min) ★★★
2.30 **It** Horror starring Bill Skarsgård. (2017, 15, 135min) ★★★★
5.00 **Nosferatu** Horror fantasy. (2024, 15, 132min) ★★★★

7.15 **Insidious** Thriller starring Rose Byrne and Patrick Wilson. (2010, 15, 103min) ★★★★
9.00 **Insidious: Chapter 2** Supernatural thriller sequel starring Patrick Wilson and Rose Byrne. A father is possessed by a serial killer's malevolent spirit. (2013, 15, 103min) ★★★
10.50 **Friday the 13th** Horror sequel starring Jared Padalecki, Danielle Panabaker, Amanda Righetti and Derek Mears. (2009, 18, 97min) ★★

12.40 AM **Friday the 13th Part II** Horror sequel starring Amy Steel. (1981, 18, 87min) ★★
2.15 **Friday the 13th Part III** Horror sequel. (1982, 18, 95min) ★
4.05 **to 6.15** AM **The Invisible Man** Thriller starring Elisabeth Moss. (2020, 15, 124min) ★★★★

Sky Cinema Men in Black
304 304 404 504 518

6.00 AM **Men in Black 3** As 9.30pm.
7.50 **Men in Black** As 6.10pm.
9.30 **Men in Black II** As 8.00pm.
11.10 **Men in Black 3** As 9.30pm.
1.00 PM **Men in Black** As 6.10pm.
2.40 **Men in Black II** As 8.00pm.
4.10 **Men in Black 3** As 9.30pm.
6.10 **Men in Black** Sci-fi comedy starring Tommy Lee Jones, Will Smith and Linda Fiorentino. (1997, PG, 94min) ★★★★

8.00 **Men in Black II** Sci-fi action comedy sequel starring Tommy Lee Jones and Will Smith. When an evil alien threatens Earth, top MIB agent Jay needs the help of his amnesiac former partner Kay to save the planet. With Rip Torn and Rosario Dawson. (2002, PG, 88min) ★★★
9.30 **Men in Black 3** Sci-fi action comedy sequel starring Will Smith, Tommy Lee Jones and Josh Brolin. Men in Black agent J goes back in time to 1969 to save the life of the young Agent K. With Emma Thompson. (2012, PG, 105min) ★★★★

11.20 **Men in Black** As 6.10pm.
1.00 AM **Men in Black II** As 8.00pm.
2.30 **Men in Black 3** As 9.30pm.
4.20 **The Cinema List**
4.50 **to 6.30** AM **Men in Black**

Sky Cinema Animation
305 305 412 500 514

6.15 AM **Over the Hedge** Animation. (2006, U, 83min) ★★★★
7.50 **Rise of the Guardians** Animation. (2012, PG) ★★★★
9.35 **Migration** (2023, U) ★★★
11.05 **Despicable Me 2** Animated sequel. (2013, U, 97min) ★★★
12.45 PM **Dr Seuss' The Lorax** Animation. (2012, U) ★★★
2.25 **Madagascar** Animated comedy. (2005, U, 86min) ★★★★

4.00 **Despicable Me 4** Animated sequel. (2024, U, 94min) ★★★
5.45 **Hotel Transylvania** Animation. (2012, U, 91min) ★★★★
7.25 **The Boss Baby** Animated comedy. (2017, U, 97min) ★★★
9.15 **Bon Voyage, Charlie Brown** Animated family adventure. (1980, U, 70min) ★★
10.40 **Sing** Animated musical comedy. (2016, U, 108min) ★★★
12.30 AM **The Wild Thornberrys Movie** Animated adventure. (2002, U, 85min) ★★★★

2.05 **Buffalo Kids** Animation. (2024, U, 79min) ★★★
3.35 **Lego DC Comics Super Heroes: Justice League vs Bizarro League** Animated adventure. (2015, U, 49min) ★★★
4.35 **to 6.10** AM **Curious George** Animation. (2006, U) ★★★★

Christmas 24
312 313 419

7.00 AM **Jolly Good Christmas** Comedy. (2022, PG, 90min) ★★
9.00 **Joy For Christmas** Romantic comedy. (2021, PG, 86min) ★★
11.00 **#Xmas** Comedy starring Clare Bowen. (2022, PG, 90min) ★★
1.00 PM **Everything Christmas** Comedy. (2023, PG, 85min) ★★
3.00 **Our Holiday Story** Festive drama starring Nikki Deloach. (2024, PG, 84min) ★★

5.00 **A Christmas Star** Romantic drama. (2021, PG, 84min) ★★
7.00 **Deck the Walls** Festive drama starring Ashley Greene and Wes Brown. (2024, PG, 90min) ★★
9.00 **Three Wise Men and a Baby** Comedy starring Paul Campbell. Three brothers are surprised when they are forced to care for a baby over Christmas. (2022, PG, 90min) ★★
11.00 **The Great Christmas Light Up** Comedy sequel starring Lacey Chabert. (2023, PG, 84min) ★★

1.00 AM **A Maple Valley Christmas** Romantic drama starring Peyton List. (2022, PG, 85min) ★★
3.00 **to 5.00** AM **The Winter Palace** Drama starring Danica McKellar. (2022, PG, 85min) ★★

Movies 24+ 315 314 420

Talking Pictures
328 445 82 306 36

6.00 AM **What's On TPTV with Noel**
6.10 **The Lost Continent** Sci-fi adventure. (1951, U, 83min) ★★
7.50 **Look at Life** Documentary.
8.00 **The Super Secret Service**
8.25 **Space Patrol** 30/39. (S1)
9.00 **Batman** 37/60. (S2)
9.30 **Richard the Lionheart** (S1)
10.00 **Supercar** 21/26. (S1)
10.30 **Thunderbirds** 1/26. (S1)
11.30 **The Adventures of Robin Hood**

12.00 NOON **Atomic Rulers** Adventure. (1965, PG, 101min) ★★
1.40 PM **Look at Life**
1.50 **One Step Beyond** 20/39. (S2)
2.25 **Sea of Sand** Wartime drama. (1958, b/w, U, 97min) ★★★
4.25 **Look at Life** Documentary.
4.45 **The One That Got Away** Drama. (1957, b/w, U, 110min) ★★★
7.00 **Maigret** 3/13. (S2)
8.00 **A Family at War** 1/20. (S3)
9.00 **The Lost World** Adventure.
10.35 **Angel** Thriller starring Donna Wilkes. (1984, 18, 94min) ★★

12.30 AM **Let No Man Write My Epitaph** Drama starring Burl Ives. (1961, b/w, 18, 105min) ★★
2.40 **Ride in the Whirlwind** Western starring Jack Nicholson. (1966, PG, 83min) ★★
4.20 **The Danziger Studios Story**
5.30 **to 6.00** AM **Out of Town**

Saturday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
10.00 **Soccer Saturday Pre-Match**
11.00 LIVE **WSL Manchester City v Arsenal.** Coverage of the Women's Super League match at Joie Stadium. Kick-off 12.00noon.
2.00 PM LIVE **Formula 1** The Singapore Grand Prix qualifying session ahead of the 18th round of the season staged at Marina Bay Circuit. Start-time 1.00pm.
4.00 LIVE **DP World Tour Golf** Coverage of the third day of the Alfred Dunhill Links Championship at the Old Course, St. Andrews.
5.00 LIVE **SNF Chelsea v Liverpool.** Coverage of the Premier League match staged at Stamford Bridge. Kick-off is at 5.30pm.
8.30 **Match Centre**
9.00 LIVE **PGA Tour Golf** Coverage of day three of the Sanderson Farms Championship staged at the Country Club of Jackson.
12.00 M'T LIVE **LPGA Tour Golf** The fourth and final day of the LOTTE Championship staged at Hoakalei Country Club in Hawaii.
3.00 **to 5.50** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
6.30 **FNF** Bournemouth v Fulham.
7.00 **Florian Wirtz's Story**
7.30 **The Big Interview**
8.00 **Premier League Stories**
8.30 **Match Officials Mic'd Up**
9.00 **FNF** Bournemouth v Fulham.
9.30 **Florian Wirtz's Story**
10.00 **Saturday Social**
11.00 LIVE **WSL Manchester City v Arsenal.** Coverage of the Women's Super League match at Joie Stadium. Kick-off 12.00noon.
3.00 PM **Gillette Soccer Saturday**
5.00 LIVE **SNF Chelsea v Liverpool.** Coverage of the Premier League match staged at Stamford Bridge. The hosts ended a run of 10 games without a win against Liverpool when these two sides last met here at the end of last season. Goals from Enzo Fernandez, Cole Palmer and an own goal from Jarell Quansah gave Chelsea all three points in a 3-1 victory. Kick-off 5.30pm.
8.30 **Game of the Day**
10.30 **Premier League Highlights**
2.30 AM **The Big Interview**
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **PL Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Highlights**
6.15 **EFL Cup Retro** The 2011 final.
8.15 **Best Scottish Premiership Goals 2014/15** Archive action.
8.45 **Best Scottish Premiership Goals 2021/22**
9.15 **EFL Greatest Games**
9.45 **EFL Highlights**
10.00 **Saturday Social**
11.00 LIVE **EFL Hull City v Sheffield United.** Coverage of the Championship match at MKM Stadium. Kick-off 12.30pm.
3.00 PM **Gillette Soccer Saturday**
5.00 **Gillette Soccer Saturday: Reaction** Post-match analysis.
5.20 LIVE **Bundesliga Eintracht Frankfurt v Bayern Munich.** Coverage of the German top-flight match at Deutsche Bank Park. Kick-off 5.30pm.
7.30 **EFL** Hull City v Sheffield United.
9.30 **WSL** Manchester City v Arsenal.
10.00 **EFL Highlights** Action from Wrexham v Birmingham City. **10.15** Blackburn Rovers v Stoke.
10.30 **EFL Highlights** Championship.
1.45 AM **EFL Greatest Games**
3.30 **Championship Season Review**
5.00 **Best Goals: EFL Cup 24/25**
5.30 **to 6.00** AM **EFL Trophy**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **ICC Women's World Cup**
10.00 LIVE **ICC Women's World Cup Sri Lanka v Australia.** Coverage of the group match from R. Premadasa Stadium, Colombo, as both teams play their second group games. Australia are looking to win their eighth title at this event and their second in a row after being England in the final three years ago. Co-hosts Sri Lanka will be aiming to improve on a record that has seen them make it as far as the quarter-finals just the once in their history.
5.45 PM **ICC Women's World Cup 2017** Archive highlights.
6.30 **ICC Women's World Cup** Action from England v South Africa held at Barsapara Cricket Stadium. **7.30** Bangladesh v Pakistan in the group match staged at R. Premadasa Stadium in Colombo. **8.30** Sri Lanka v Australia from R. Premadasa Stadium, Colombo.
9.30 **ICC Women's World Cup 2017** England v Australiain the group match at the County Ground.
10.00 **ICC Women's World Cup**
12.00 M'T **to 6.00** AM **ICC Women's World Cup**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **Ryder Cup** The second day.
7.00 **Golf Academy** Rory McIlroy.
8.00 **PGA Tour Golf** Highlights.
11.00 **Legends Tour Golf**
12.00 NOON LIVE **DP World Tour Golf** The third day of the Alfred Dunhill Links Championship.
5.00 PM **PGA Tour Champions Learning Centre**
5.30 **HotelPlanner Tour Golf**
6.00 **LPGA Tour Golf** Highlights.
8.00 **Roots** Profiles of leading players.
9.00 LIVE **PGA Tour Golf** Coverage of day three of the Sanderson Farms Championship in Mississippi.
12.00 M'T LIVE **LPGA Tour Golf** Coverage of the fourth and final day of the LOTTE Championship.
3.00 AM **The Open – Official Films**
4.00 **DP World Tour Golf**
5.00 **to 6.00** AM **Golf Academy**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM LIVE **ATP Tennis** Coverage of the fourth day of the ATP Shanghai Masters in China.
8.00 LIVE **WTA & ATP Tennis** Coverage of the ATP Shanghai Masters and WTA Beijing Open.
1.00 PM LIVE **ATP Tennis** Further coverage of the fourth day of the ATP Shanghai Masters in China.
3.30 **WTA Tennis** Canadian Open.
4.00 **ATP Tennis** Recent finals.
6.00 **WTA & ATP Tennis** Action from the latest events on the Tours.
2.00 AM **Bitesize Tennis**
2.15 **ATP Tennis** Doha Open final.
2.30 **Billie Jean King: My Story**
2.45 **Tim Henman Podcast 2024**
3.00 **to 5.30** AM **WTA & ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM LIVE **AFLW North Melbourne Kangaroos v Sydney Swans.** B-u 6.05am.
8.00 LIVE **AFLW Gold Coast Suns v Brisbane Lions.** From People First Stadium. Bounce-up 8.05am.
10.00 **Premier League Features**
11.00 LIVE **Premier League Leeds United v Tottenham Hotspur.** Coverage of the top-flight match at Elland Road. Kick-off 12.30pm.
3.00 PM LIVE **The Gallagher PREM Leicester Tigers v Harlequins.** From Mattioli Woods Welford Road Stadium. Kick-off 3.05pm.
5.15 LIVE **The Gallagher PREM Saracens v Bristol Bears.** Coverage of the game at StoneX Stadium. Kick-off is at 5.30pm.
7.45 **Autumn Nations Series**
8.30 **MLB Lead Off** A look ahead.
9.00 LIVE **MLB** Coverage of an MLB Postseason match.
12.00 M'T **MLB Closer** Match review.
12.30 AM **Fight Week** UFC 320.
1.00 LIVE **UFC** The preliminary bouts.
3.00 **to 7.00** AM LIVE **UFC Magomed Ankalaev v Alex Pereira.** The light heavyweight title bout from T-Mobile Arena.

TNT Sports 2

411 414 522 409 431

7.45 AM LIVE **MotoGP** In Indonesia.
8.45 **MotoGP Rewind**
9.00 LIVE **Motorcycling: Asia Talent Cup** From Indonesia.
10.00 LIVE **AFLW Port Adelaide Power v Western Bulldogs.** Coverage of the game at Alberton Oval. Bounce-up 10.15am.
12.00 NOON LIVE **Cycling: CRO Race** Coverage of the fifth stage.
2.00 PM **Playing for Our Future**
2.15 **MotoGP** Grand Prix of Indonesia.
2.45 **Xtra Time** Analysis.
3.15 **TNT Sports Reload**
3.30 **WNBA** Game one of the finals.
4.30 **Men's Cycling Pro Series**
5.30 LIVE **UCI Mountain Bike World Series** From Lake Placid.
9.15 **SailGP Highlights**
10.45 **UEFA Champions League**
11.00 **British Superbikes**
11.30 **MotoGP** Grand Prix of Indonesia.
12.00 M'T **Cycling** Recent action.
2.00 AM **British Superbikes**
2.30 LIVE **Motorcycling: Asia Talent Cup** From Indonesia.
3.30 LIVE **MotoGP** Grand Prix of Indonesia MotoGP warm-up.
4.00 **to 6.00** AM LIVE **MotoGP** The GP of Indonesia Moto3 race.

Sky Sports NFL

412 410 517 507 426 446

6.00 AM **NFL Highlights**
8.00 **The Runway** New York Jets.
8.45 **NFL Highlights**
12.00 NOON **NFL Gameday**
12.45 PM **NFL Highlights**
5.00 **Kansas City Chiefs: The Franchise** Behind the scenes.
5.45 **NFL Bitesize Highlights** Action from Pittsburgh Steelers v Minnesota Vikings.
6.00 **49 Hours** The 49 hours before a San Francisco 49ers game.
6.15 **NFL Bitesize Highlights** Action from Tampa Bay Buccaneers v Philadelphia Eagles. **6.30** Highlights of Los Angeles Rams v San Francisco 49ers.
6.45 **NFL Gameday**
7.30 **NFL Highlights** Los Angeles Rams v San Francisco 49ers.
8.30 LIVE **NCAA College Football Notre Dame Fighting Irish v Boise State Broncos.** Coverage of the match staged at Notre Dame Stadium. Kick-off 8.30pm.
12.00 M'T **NFL Gameday** A review of all of the latest games from the NFL season, with discussion and analysis of the latest talking points.
12.45 AM **NFL Bitesize Highlights**
1.00 **to 6.00** AM **NFL Highlights**

Sky Sports+

404 404 518 508 427 447

6.00 AM LIVE **ATP Tennis** Coverage of the fourth day of the ATP Shanghai Masters at Qizhong Forest Sports City Arena in China.
8.00 LIVE **WTA & ATP Tennis** The ATP Shanghai Masters and the WTA Beijing Open at Qizhong Forest Sports City Arena and National Tennis Center respectively.
11.00 **EFL Build-Up**
12.25 PM LIVE **EFL Sheffield Wednesday v Coventry City.** Coverage of the Championship match at Hillsborough. Coventry claimed a 2-1 win in last season's corresponding fixture and will go into this contest as favourites once again. Kick-off 12.30pm.
3.00 **Gillette Labs Soccer Saturday**
5.00 LIVE **Super League Hull Kingston Rovers v the lowest-ranked Eliminator winners.** Coverage of the second semi-final at Sewell Group Craven Park Stadium. Kick-off 8.00pm.
7.45 **EFL Greatest Games**
8.00 **Match Centre** Match previews.
10.00 **Sky Sports Catch Up**
12.00 M'T **Super League**
2.45 AM **EFL Greatest Games**
3.00 **to 5.30** AM **Sky Sports News**

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
6.15 **Super League** A semi-final.
9.00 **ICC Women's World Cup**
10.00 **Super League Highlights**
10.30 **Rugby Union Greatest Games**
10.35 LIVE **The Rugby Championship Australia v New Zealand.** Kick-off 10.45am.
12.35 PM **My Icon** Heather Watson.
12.45 **EFL Greatest Games**
1.45 **British and Irish Lions Tour**
1.50 LIVE **The Rugby Championship Argentina v South Africa.** Kick-off 2.00pm.
3.50 **My Icon** Kadeena Cox.
4.00 **British and Irish Lions Tour**
6.00 **ICC Women's World Cup**
9.00 **Super League** The semi-finals.
2.30 AM **EFL Greatest Games**
4.00 **to 5.50** AM **Women's World Cup**

TNT Sports 3

413 415 523 410 432

6.00 AM LIVE **Test Cricket India v West Indies.** The third day of the first Test in the two-match series from Narendra Modi Stadium.
1.00 PM LIVE **Cycling European Championship** Coverage of the women's elite road race in Guilherand-Granges, France.
4.30 **MLB Highlights**
5.30 LIVE **FIM Speedway of Nations** Coverage of the final from MotoArena Torun in Poland.
8.00 **International T20 Cricket**
9.00 **Test Cricket Highlights**
10.00 **MLB Highlights**
11.00 **MLB: Off the Bat**
11.30 LIVE **MLB** Coverage of an MLB Postseason match.
2.45 AM **UCI Mountain Bike World Series** From Lake Placid.
3.45 **Test Cricket Highlights**
4.45 **to 6.00** AM LIVE **Test Cricket India v West Indies.** Coverage of the fourth day of the first Test from Narendra Modi Stadium.

TNT Sports 4

414 416 524 411 434

6.00 AM **International T20 Cricket**
7.00 LIVE **International T20 Cricket New Zealand v Australia.** Coverage of the third and final T20 from Bay Oval in Mount Maunganui, Tauranga.
11.00 **The Gallagher PREM**
12.00 NOON **UCI Mountain Bike World Series** From Lake Placid.
1.00 PM LIVE **British Superbikes** Coverage of the opening day of the 10th round of the season staged at Oulton Park in Cheshire.
6.00 LIVE **MLB** Coverage of an MLB Postseason match.
9.00 **Premier League** Leeds United v Tottenham Hotspur.
10.30 **The Gallagher PREM**
1.30 AM LIVE **MLB** Coverage of an MLB Postseason match.
4.45 **TNT Sports Reload**
5.00 **to 7.00** AM LIVE **AFLW Geelong Cats v Carlton Blues.** Coverage of the match at GMHBA Stadium. Bounce-up 5.05am.

Premier Sports 1

419 551

6.00 AM **FIA World Endurance Championship** From Fiji.
7.00 **Transworld Sport** Magazine.
8.00 **United Rugby Championship**
10.00 **Eredivisie Highlights**
11.00 **LaLiga** Osasuna v Getafe.
12.55 PM LIVE **LaLiga Real Oviedo v Levante.** From Estadio Municipal Carlos Tartiere. Kick-off 1.00pm.
3.00 **LaLiga Match Highlights**
3.30 **Argentine Primera Highlights**
4.00 **NHL Tonight** Recent action.
5.00 LIVE **United Rugby Championship Benetton v Glasgow Warriors.** From Stadio Comunale Monigo. K-o 5.30pm.
7.40 LIVE **United Rugby Championship Munster v Cardiff.** Kick-off is at 7.45pm.
10.30 LIVE **Brasileiro Serie A Internacional v Botafogo.**
12.30 AM **Temples of Sport**
1.00 **Sporting Greats**
1.30 **United Rugby Championship**
5.30 **to 6.00** AM **Sporting Greats**

Premier Sports 2

420 552

6.00 AM **GP Confidential**
6.30 **Bike World** Magazine.
7.00 **NASCAR Trucks**
10.00 **FastZone** Motorsports highlights.
10.30 **Bike World** Magazine.
11.00 **LaLiga Match Highlights**
11.20 **United Rugby Championship**
1.15 PM LIVE **United Rugby Championship Connacht v Scarlets.** Kick-off is at 1.45pm.
4.00 **Football's Greatest**
5.00 **LaLiga Match Highlights**
5.15 LIVE **SPFL Hearts v Hibernian.** Scottish Premiership match. Kick-off is at 5.45pm.
8.15 **LaLiga Match Highlights**
9.05 **LaLiga** Girona v Valencia.
11.00 **Temples of Sport**
11.30 **NHL: This is Hockey**
12.00 M'T LIVE **NHL Ice Hockey Florida Panthers v Tampa Bay Lightning.** Face-off 12.00m't.
3.00 AM **NHL: This is Hockey**
3.30 **Top 14 Rugby Union**
5.30 **to 6.00** AM **Temples of Sport**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **Formula 1** From Singapore.
7.15 **F1 Features**
7.55 LIVE **F1 Academy** Coverage of the opening race from Singapore.
8.45 **F1 Features**
9.15 **The F1 Show**
10.15 LIVE **Formula 1** The Singapore Grand Prix third practice session.
11.45 **Jim Farley IV**
12.00 NOON **F1 Academy Highlights**
12.50 PM **F1 Features**
1.00 LIVE **Formula 1** The Singapore Grand Prix qualifying session.
4.00 **Ted's Notebook**
4.30 **Formula 1** Season highlights.
6.30 **Ted's Notebook**
7.00 **British GT Championship**
8.05 **F1 Academy Highlights**
8.55 **F1 Explained – DRS**
9.00 **Formula 1** Singapore Grand Prix.
10.15 **BTS with Aston Martin**
10.30 **Formula 1** Season highlights.
12.30 AM **Ted's Notebook**
1.00 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sunday

5 October

Evening Planner

Motorsport

F1: Singapore Grand Prix
Sky Sports F1, race starts at 1pm
Coverage of the night race at Marina Bay Circuit, where McLaren's Lando Norris led from start to finish last year.

Travelogue

Rob Brydon's Honky Tonk Road Trip
BBC2, 9pm (box set, BBC iPlayer)
Rob takes a trip to America's Deep South to explore the history of country music.

Drama

Frauds
ITV1, 9pm (box set, ITVX)
Suranne Jones and Jodie Whittaker star as two friends and con artists who are planning one final heist in Spain.

Documentary

24 Hours in Police Custody: Murder Is No Game
C4, 9pm
Following officers of Bedfordshire Police on one of their biggest murder cases.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1		7.15 Strictly Come Dancing...	8.05 Antiques Roadshow		9.05 King & Conqueror		10.00 News	10.30 Match of the...
FAVOURITES	102 BBC2		7.20 Eva Longoria...	8.00 Pilgrimage: The Road to the Scottish...		9.00 Rob Brydon's Honky Tonk Road Trip		10.00 Later... with Jools Holland	
FAVOURITES	103 ITV1	◂ 6.55 M&S: Dress the Nation		8.00 Beat the Chasers		9.00 Frauds		10.00 News	10.20 Film: Batman Begins
FAVOURITES	104 CHANNEL 4	◂ 5.30 F1: Singapore Grand Prix Highlights		8.00 Educating Yorkshire		9.00 24 Hours in Police Custody			10.25 Murder in Paradise...
FAVOURITES	105 5	◂ 5.30 NFL: Big Game Night – Live: New York Jets v Dallas Cowboys (Kick-off 6.00)					9.30 Rich Holiday, Poor Holiday		10.30 Challenge...
FAVOURITES	106 SKY SHOWCASE	7.00 Micro Monsters with David Attenborough		8.00 An Idiot Abroad 2		9.00 S.W.A.T.		10.00 James Acaster: Hecklers Welcome	
ENTERTAINMENT	115 BBC3	7.00 EastEnders				9.00 Blackmailed: The Sextortion Killers		10.00 Stranded on Honeymoon Island...	
ENTERTAINMENT	116 BBC4	7.00 Madhur...	7.30 Desi DNA	8.00 South Asian Music at the BBC					10.30 Goodness...
ENTERTAINMENT	118 ITV2		7.10 Film: Shrek			9.00 Big Brother		10.00 Big Brother: Late & Live	
ENTERTAINMENT	136 MORE4	◂ 6.50 Four in a Bed				9.00 Surgeons: Life in Their Hands		10.00 24 Hours in A&E	
ENTERTAINMENT	135 E4	◂ 6.40 Film: The Day After Tomorrow				9.00 Married at First Sight UK			10.35 MAFS UK...
ENTERTAINMENT	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Doc		10.00 The Rookie	
ENTERTAINMENT	108 SKY ATLANTIC	◂ 6.45 Game of Thrones				9.00 Task			10.15 True Detective
ENTERTAINMENT	110 U&GOLD		7.20 Only Fools and Horses						
ENTERTAINMENT	111 U&DAVE	7.00 Special Ops: To Catch a Criminal		8.00 Mortimer & Whitehouse: Gone Fishing			9.20 Have I Got a Bit More News for You		10.20 QI
ENTERTAINMENT	119 ITV3	7.00 Midsomer Murders				9.00 Doc Martin		10.00 Vera	
ENTERTAINMENT	120 ITV4	7.00 Extreme E – Live: The Desert X Prix Final Lap					9.10 Film: The Expendables 2		
ENTERTAINMENT	112 COMEDY CENTRAL	◂ 6.20 Friends				9.00 Film: The Bad Education Movie			
ENTERTAINMENT	139 SKY SCI-FI	7.00 Star Trek: Deep Space Nine							
ENTERTAINMENT	113 SKY MAX	7.00 An Idiot Abroad 2				9.00 S.W.A.T.		10.00 Film: One Shot	
ENTERTAINMENT	109 U&ALIBI	7.00 Miss Scarlet and the Duke		8.00 Death in Paradise					10.05 Father Brown
ENTERTAINMENT	124 SKY ARTS	◂ 6.15 Cliff Richard and the Shadows: The Final Reunion				9.00 Billy Joel: Live in Rome			
ENTERTAINMENT	132 U&W	7.00 Inside the Ambulance at Christmas				9.00 Inside the Operating Theatre			
DOCUMENTARY	125 DISCOVERY	7.00 Alaska: Homestead Rescue				9.00 Sin City Tow		10.00 Wheeler Dealers World Tour	
DOCUMENTARY	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Little Giants		9.00 The Zoo		10.00 Tanked	
DOCUMENTARY	129 NAT GEO	7.00 Car S.O.S.		8.00 Engineering Europe		9.00 Top Guns: The Next Generation		10.00 Secrets of Area 51	
DOCUMENTARY	123 SKY HISTORY	7.00 Airport Security: USA				9.00 Mengele Unveiled			
DOCUMENTARY	155 U&YESTERDAY	7.00 Ireland with Simon Reeve		8.00 Flipping Bangers		9.00 Bangers & Cash			
DOCUMENTARY	121 SKY DOCS	◂ 6.45 Tina				9.00 Gary			
FILMS – Sky Cinema	301 PREMIERE	◂ 6.00 Code 3		8.00 Bridget Jones: Mad About the Boy					10.10 It Feeds
FILMS – Sky Cinema	302 HALLOWEEN	7.00 The Ring				9.00 The Ring Two			
FILMS – Sky Cinema	303 BRIDGET JONES	◂ 6.20 Bridget Jones: The Edge of Reason		8.10 Bridget Jones's Baby					10.15 Bridget Jones: Mad About...
FILMS – Sky Cinema	304 MEN IN BLACK	◂ 6.10 Men in Black 3		8.00 Men in Black			9.40 Men in Black II		
FILMS – Sky Cinema	305 ANIMATION	◂ 5.45 Hotel...	7.25 Over the Hedge		8.55 Turbo				
FILMS – Sky Cinema	306 FAMILY	◂ 6.00 The Nutty Professor	7.45 Nutty Professor II: The Klumps				9.40 Look Who's Talking Now		
FILMS – Sky Cinema	307 ACTION	◂ 5.45 Jack Reacher		8.00 Jack Reacher: Never Go Back				10.00 Crank	
FILMS – Sky Cinema	308 COMEDY	◂ 6.15 The Hangover		8.00 The Hangover Part II				9.50 The Hangover Part III	
FILMS – Sky Cinema	309 THRILLER	◂ 5.55 Inferno		8.00 The Bikeriders					10.05 Serpico
FILMS – Sky Cinema	310 DRAMA	◂ 6.00 One Life		8.00 Bob Marley: One Love				10.00 Dreamgirls	
FILMS – Sky Cinema	311 SCIENCE FICTION	◂ 6.00 Godzilla x Kong: The New Empire		8.00 A.I. Artificial Intelligence					10.30 Event Horizon
FILMS – Sky Cinema	313 FILM4	7.00 Dog				9.00 Commando			
SPORT	401 MAIN EVENT	◂ 4.30 Super...	7.30 Super Sunday: Extra Time		8.30 NFL – Live: Coverage of two week five matches				
SPORT	402 PREMIER LEAGUE	◂ 4.00 Super...	7.30 Super Sunday: Extra Time		8.30 FNF	9.00 PL Fan Q&A...	9.30 SNF	10.00 Premier League Highlights	
SPORT	403 FOOTBALL	◂ 6.00 NFL – Live: Coverage of two NFL matches							
SPORT	405 CRICKET	◂ 6.30 ICC Women's World Cup					9.30 ICC Women's...	10.00 ICC Women's World Cup	
SPORT	410 TNT SPORTS 1	7.00 UEFA Europa...	7.30 Serie A – Live: Juventus v AC Milan (Kick-off 7.45)					9.45 NWSL – Live: NJ/NY Gotham FC v Seattle Reign	
SPORT	411 TNT SPORTS 2	◂ 6.00 UCI Mountain Bike World Series Women – Live			8.30 UCI Mountain Bike World Series Men – Live				10.15 SailGP Highlights

◂ Denotes programmes starting before 7.00pm † Regions vary

SUNDAY

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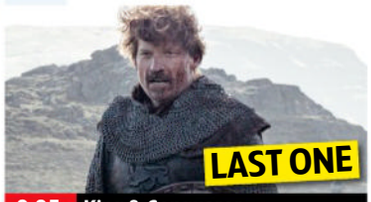
Sunday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
7.50 **Match of the Day** (S)(R)
9.00 **Sunday with Laura Kuenssberg** (S)
10.00 **Politics England** (S)
10.30 **Sunday Morning** New edition (S)
11.30 **Prayer & Reflection from Kagyu Samye Ling Monastery, Eskdalemuir** New edition (S)
12.00 NOON **Bargain Hunt** (S)(R)
1.00 PM **BBC News** (S)
1.15 **Songs of Praise** New edition (S)
2.00 **Points of View** New edition (S)
2.15 **Escape to the Country** (S)(R)
2.40 FILM **Beauty and the Beast** Disney's live-action fairy tale starring Emma Watson. (S)(AD) (2017, PG, 120min) ★★★★
4.40 **Our Changing Planet: Restoring Our Reefs** (S)(R)(AD)
5.40 **BBC News** (S)
5.55 **Local News** (S)



9.05 King & Conqueror

6 PM

6.05 **Countryfile Ramble for Children in Need** New edition Matt Baker, Anita Rani, Sean Fletcher, Joe Crowley and John Craven lace up their walking boots and explore the border of Shropshire and Staffordshire for Children in Need. (S)

7 PM

7.15 **Strictly Come Dancing: The Results** New edition The two lowest-scoring duos go head to head in the first dance-off. (S)(AD)

8 PM

8.05 **Antiques Roadshow** New edition The team visit Shuttleworth House in Bedfordshire, where highlights include Little Nellie, the ultimate James Bond gadget from *You Only Live Twice*. (S)

9 PM

9.05 **King & Conqueror** Series finale *The Hand of God:* 8/8. In a clash that defined a country, Harold's English forces rush to meet William's assault on the south coast. (S1) (S)(AD)
■ Entire series on BBC iPlayer

10 PM

10.00 **BBC News** (S)
10.25 **Local News** (S)
10.30 **Match of the Day** Highlights of the latest Premier League matches, including Brentford v Manchester City and Newcastle United v Nottingham Forest. (S)
11.45 **The Women's Football Show** Highlights include Manchester United v Chelsea and Manchester City v Arsenal. (S)
12.35 AM **Juice** 5&6/6. (S2) (S)(R)
1.30 **The Graham Norton Show** With Taylor Swift, Cillian Murphy and Domhnall Gleeson. (S)(R)
2.20 **Weather for the Week Ahead** Seven-day forecast. (S)
2.25 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.25 AM **Take a Hike** (S)(R)
6.55 **Countryfile** (S)(R)
7.50 **Breakfast** (S)
9.00 NEW SERIES **Best of Weatherman Walking** From mid-Wales. (S)
9.30 **Landward** New edition (S)
10.00 **Saturday Kitchen Best Bites** New edition Series highlights. (S)
11.30 **Nadiya's British Food Adventure**
12.00 NOON **The Hairy Bikers' Bakeation** From Slovakia. (S)(R)
12.30 PM **Return of the Giant Killers: Africa's Lion Kings** (S)(R)(AD)
1.10 FILM **The Big Country** Western starring Gregory Peck. (S) (1958, PG, 160min) ★★★★
3.50 FILM **Butch Cassidy and the Sundance Kid** Western starring Paul Newman and Robert Redford. (S) (1969, PG, 105min) ★★★★★
5.35 **Flog It!** From Cornwall. (S)(R)

7.20 Eva Longoria: Searching for...

6.20 **Saving Lives at Sea** In Blackpool, it's just after midnight when the crew receive reports of a man in the water. After finding him unresponsive, it's vital to get him medical attention. (S)(R)

7.20 **Eva Longoria: Searching for Spain** New edition 2/8. The actor travels to Andalusia, home of flamenco and tapas, to appreciate the culinary specialities of the region. (S)(AD)

8.00 **Pilgrimage: The Road to the Scottish Isles** 1/3. Seven celebrities travel more than 1,600km on foot and by road and sea to learn about St Columba, a key figure in early British Christianity. (S)(R)

9.00 NEW SERIES **Rob Brydon's Honky Tonk Road Trip** 1/3. Rob goes on a trip across America's Deep South to celebrate 100 years of country music. *See feature, page 20.* (S)
■ Entire series on BBC iPlayer

10.00 NEW SERIES **Later... with Jools Holland** 1/6. With Robert Plant, Olivia Dean, Jehnny Beth, and James Yorkston & Nina Persson. (S)
10.50 FILM **Walk the Line** Biopic of country music legend Johnny Cash, starring Joaquin Phoenix, Reese Witherspoon and Ginnifer Goodwin. (S) (2005, 12, 130min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
1.00 AM FILM **His House** Horror thriller starring Sope Dirisu. (S) (2020, 15, 85min) ★★★★
2.25 **Sign Zone: Question Time** (S)(R)
3.25 **Sign Zone: Undercover in the Police** Documentary. (S)(R)
4.25 **to 6.45** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Raymond Blanc's Royal Kitchen Gardens** (S)(R)(AD)
6.30 **M&S: Dress the Nation** (S)(R)(AD)
7.30 **James Martin's Saturday Morning** Talk show. (S)(R)
9.25 **ITV News** (S)
9.30 **Love Your Weekend with Alan Titchmarsh** New edition (S)
11.30 LIVE **Football: EFL** Ipswich Town v Norwich City: Hugh Woozencroft presents the East Anglia derby in the Championship at Portman Road. Kick-off is at 12.00. (S)
2.15 PM LIVE **Racing: Prix de l'Arc de Triomphe** The prestigious race at Paris-Longchamp. (S)
5.00 **Tipping Point: Best Ever Finals** Dramatic endgames. (S)(R)
5.30 **The Chase Celebrity Special** With AJ Pritchard, Giovanna Fletcher and Russell Watson. (S)(R)

6.55 M&S: Dress the Nation

6.30 **ITV News** (S)
6.45 **Local News** (S)
6.55 **M&S: Dress the Nation** New edition 4/5. AJ Odudu and Vernon Kay host the semi-final as the amateur designers try to impress guest judge Lily Cole, with the model joining M&S lead designers and customers to decide who goes through to the final for the chance of winning the life-changing prize. (S)(AD)

8.00 **Beat the Chasers** New edition Bradley Walsh hosts as contestants from across the UK take on Jenny Ryan, Anne Hegerty, Darragh Ennis, Paul Sinha, Mark Labbett and Shaun Wallace. (S)(AD)

9.00 NEW SERIES **Frauds** 1/6. Thriller starring Suranne Jones. Bert reunites with former partner-in-crime Sam with an idea for a heist. *See feature, page 4.* (S1) (S)(AD)
■ Continues tomorrow

10.00 **ITV News** (S)
10.20 FILM **Batman Begins** Dark comic-book thriller starring Christian Bale and Liam Neeson. Young billionaire Bruce Wayne creates a formidable alter-ego to strike fear into the crooks and thugs of crime-riddled Gotham City. (S)(AD) (2005, 12, 155min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.55 AM **The Assembly: Unseen** Out-takes from the interviews. (S)(R)
1.25 **Shop on TV**
3.00 **Motorsport UK** (S)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Nisha Katona's Home Kitchen** (S)(SL)(R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

5.50 AM **Cheers** 12-16/28. (S11) (S)(R)
8.00 **Everybody Loves Raymond** 15&16/24. (S6) (S)(R)(AD)
9.00 **Frasier** 6&7/24. (S6) (S)(R)(AD)
10.00 **Sunday Brunch** New edition With Jesse Burgess, Desiree Burch and Kerry Godliman. (S)
1.00 PM **The Simpsons** (S)(R)(AD)
2.25 **Four in a Bed** From the Laurel Bank Hotel in Fife. (S)(R)
2.55 A visit to Hidden Horizon Glampsite in Clydebank. (S)(R)
3.25 From Lemonfield Hotel in Seaburn, Sunderland. (S)(R)
3.55 The week's final visit at The Grays Hotel in Blackpool. (S)(R)
4.30 Payment day. (S)(R)
5.00 **News** (S)
5.30 **F1: Singapore Grand Prix Highlights** Lee McKenzie presents action from Marina Bay Circuit. (S)

10.25 Murder in Paradise

F1: Singapore Grand Prix Highlights (started at 5.30pm)

8.00 **Educating Yorkshire** New edition Newly qualified maths teacher Mr Geary has his work cut out at Thornhill, and year seven Ismaeel campaigns for a place in student parliament. (S)(SL)(AD)

9.00 NEW SERIES **24 Hours in Police Custody** Two-part special following the investigation into one of the biggest murder inquiries ever conducted by the Bedfordshire Police. (S)(AD)
■ Concludes tomorrow

10.25 NEW SERIES **Murder in Paradise: The Byron Bay Killings** 1/2. An investigation into the disappearances of 67 women in Australia's Byron Bay. (S)(AD)
11.20 **Murder in Paradise: The Byron Bay Killings** Series finale (S)(AD)
12.20 AM **In the Footsteps of Killers** Documentary. (S)(R)(AD)
1.15 **Lucy Letby: Murder or Mistake** (R)
3.05 **Ramsay's Kitchen Nightmares USA** In California. (S)(SL)(R)
3.55 **Find It, Fix It, Flog It** (S)(R)
4.05 **Kirstie and Phil's Love It or List It: Brilliant Builds** (S)(SL)(R)(AD)
4.35 **The Simpsons** (S)(R)(AD)
5.50 **to 6.30** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.40 AM **Milkshake!**
8.50 **SpongeBob SquarePants** (S)(R)
9.05 **Entertainment News** (S)
9.20 **Bargain-Loving Brits in the Sun** Mandy organises Manilva's Pride festival. (S)(R)
9.55 **Holidaying with Jane McDonald: The Caribbean** The singer visits Grenada. (S)(R)
10.55 **Holidaying with Jane McDonald: The Caribbean** Jane visits Antigua. (S)(R)
11.55 **Cruising USA with Jane McDonald** The singer travels around San Francisco. (S)(R)
2.00 PM LIVE **NFL: Big Game Day** Cleveland Browns v Minnesota Vikings: Coverage of the week five match from Tottenham Hotspur Stadium in London. Kick-off is at 2.30. (S)

10.30 Challenge Anneka

5.30 LIVE **NFL: Big Game Night** New York Jets v Dallas Cowboys: Dermot O'Leary and Sam Quek are joined by Osi Umenyiora to present coverage of the week five match from MetLife Stadium. The Jets missed out on the play-offs last season and lost their first three matches in the new campaign. However, they will hope for a result in front of their own fans against the Cowboys, who also failed to reach the play-offs last term. Tonight's coverage will also feature the 'game within a game' quiz element whenever the NFL game stops in the US. Kick-off is at 6.00.

9.30 **Rich Holiday, Poor Holiday** 4/8. Two entrepreneurs head off on a budget camping vacation in Lewes, East Sussex, while three friends stay at a mansion with panoramic views across Andalucía in Spain. (S)(R)

10.30 NEW **Challenge Anneka** Volunteers led by Anneka Rice refurbish Luton Sea Cadets' barracks and build a river pontoon to help bring the sea to the organisation's landlocked members. (S)

12.00 M'T **Hotel Benidorm: Fun-Loving Brits in the Sun** Documentary series. (S)(R)
1.00 AM **PlayOJO Live Casino Show**
3.00 **Friends** (S3) (S)(R)(AD)
3.50 **The Wonderful World of Gold** Documentary about the precious metal. (S)(R)
4.40 **The Highland Vet** (S)(SL)(R)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Boosnoo! Mega Mashups**
6.15 **Ready Eddie Go!** (S)(R)(AD)
6.30 **Emerald** (S)(R)(AD)
6.40 **The Brilliant World of Tom Gates 2** (S)(R)(AD)
6.50 **Silly Animals** (S)(R)
7.00 **Monkey Life** Triple bill. (S)(R)
8.30 **Sunday Morning with Trevor Phillips** Topical discussion.
10.00 **The Office (US)** (S4) (S)(R)
11.00 LIVE **Football: WSL** London City Lionesses v Liverpool: Coverage of the Women's Super League match staged at Hayes Lane. Kick-off is at 11.55.
2.30 PM **The Great British Dig: History in Your Back Garden** From Hampshire. (S)(R)
3.30 **Bone Detectives** (S)(R)
4.30 **F1: Singapore Grand Prix** (R)
5.30 **Ted's Notebook** (R)

9.00 S.W.A.T.

6.00 **Micro Monsters with David Attenborough** Focusing on courtship in the bug world. (S)(R)(AD) **6.30** The mating habits of various bugs, including the lothario-like butterfly. (S)(R)

7.00 **Micro Monsters with David Attenborough** Bugs that prefer co-operation to conflict, including the green ant. (S)(R)(AD) **7.30** The broadcaster looks at insect colonies. (S)(R)(AD)

8.00 **An Idiot Abroad 2** 7/8. Karl prepares for his final journey, a trek to the summit of Mount Fuji, receives sumo-wrestling training and experiences state-of-the-art robotics. (S)(R)(AD)

9.00 **S.W.A.T.** New episode *Deep Cover:* 12/22. Alfaro encounters associates from an old case in Long Beach while working undercover for 20-Squad. (S8) (S)(R)(AD)

10.00 **James Acaster: Hecklers Welcome** A stand-up special by the comedian in which he relinquishes control of his set and accepts a healthy dose of heckling. (S)(R)

11.30 **Saturday Night Live** American sketch show. (R)
1.00 AM FILM **Insidious: Chapter 2** Supernatural thriller sequel starring Patrick Wilson. A father is possessed by a serial killer's malevolent spirit. (S) (2013, 15, 103min) ★★★
3.00 **Road Wars** (S)(R)
4.00 **to 6.00** AM **Nothing to Declare** (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
10.00-10.30am The Sunday Show (S) **11.45pm** Sportscene: Premiership Highlights (S)(R) **1.00am** The Women's Football Show (S) **1.50** The Graham Norton Show (R) **2.40** Weather for the Week Ahead (S) **2.45-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.00-10.30am Sunday Politics Northern Ireland (S)

WALES
Sky 965, Virgin 864, Freesat 965
10.00-10.30am Politics Wales (S) **4.40** Chris Cooks Cymru (S)(R) **5.10-5.40pm** SOS: Extreme Rescues (S)(R)

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00pm Crá (S)(R) **10.50** NEW SERIES Later... with Jools Holland (S) **11.40** Sunday Politics (S)(R) **12.10am** QI XL (S)(R) **12.55-1.00am** The Chronicles of Armagh (R)

WALES
Sky 968, Freesat 968
5.35pm Flog It! (S)(R) **5.50-6.20pm** Weatherman Walking (S)(R)

ITV1

As main ITV1 except:
WALES
8.00pm Backstage New edition (S) **8.30-9.00pm** Made in Mumbles (S)(R)

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **9.00** Busnes Bwyd **10.00** Garddio a Mwy **11.00** Gerddi Cymru **11.30** Dechrau Canu Dechrau Canmol **12.00noon** Ironman Cymru **1.00pm** Adeiladu'r Freuddwyd: Camp Out West **1.30** Y Ci Perffaith **2.00** Ty Ffit **2.55** Mynyddoedd y Byd **3.55** Ffermio **4.25** Clwb Rygbi **6.10** Pobol y Cwm Omnibws (AD) **7.15** Newyddion a Chwaraeon **7.30** Dechrau Canu Dechrau Canmol New edition **8.00** Am Dro! New edition **9.00** Y Golau: Dwr New episode (AD) **10.00** Cyfrinachau'r Llyfrgell **11.00-11.35pm** Bois y Pizza (AD)

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **EastEnders** Peter pulls rank as he plans a surprise that could backfire. **7.30** Lauren is shellshocked as she attempts to save face. **8.00** Priya and Ravi face more hurdles. **8.30** The repercussion of events has consequences for all involved.
9.00 NEW **Blackmailed: The Sextortion Killers** Reporter Tir Dhondy investigates sextortion scams targeting teen boys.
10.00 **Stranded on Honeymoon Island: Australia** 1/12. Six couples have been matched and will now marry and spend the next 21 days stranded. **11.10** 2/12. Mysterious crates wash up on the island, revealing insights into the couples' pasts. **12.35** AM 3/12. The six couples hit day five and face gale force winds.
1.35 **Blackmailed: The Sextortion Killers**
2.35 **Juice** 1-3/6. (S2)
3.50 **to 3.55** AM **Laugh Lessons**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Madhur Jaffrey's Flavours of India** The chef visits the Punjab.
7.30 **Desi DNA** A celebration of Bollywood film *Sholay*, and a look at how the Sikh teachings of Yogi Bhajan are proving increasingly popular in Los Angeles.
8.00 NEW **South Asian Music at the BBC** Performances from the archives, featuring Lata Mangeshkar, Ravi Shankar, Asian Dub Foundation, Naughty Boy and Apache Indian.
10.30 **Goodness Gracious Me – 20 Years Innit!** A selection of the funniest moments from the show.
11.10 **Network East: Meera Syal – A Trip Through the Archives** The actress look back at the programmes she grew up watching.
11.30 **Make Yourself at Home**
11.55 **Nai Zindagi Naya Jeevan**
12.45 AM **South Asian Music at the BBC** As 8.00pm.
3.15 **to 3.45** AM **Madhur Jaffrey's Flavours of India**

MORE4

136/137 127 147 18 124 15

8.55 AM **A Place in the Sun**
3.35 PM **Come Dine with Me** A personal assistant hosts from Birmingham. **4.05** A 37-year-old shopping channel producer is hoping to educate and entertain with a vegan feast. **4.40** Mark hopes to impress his guests with a menu of classic comfort food. **5.10** Youth worker Sonia hosts the fourth evening. **5.40** A 32-year-old aquarium designer creates a fish-themed menu.
6.15 **Four in a Bed** The first destination is Fountain Cottage in Northumberland. **6.50** From The Shuckburgh Arms in Stoke Doyle. **7.20** A visit to Beachside Holidays in Great Yarmouth. **7.55** The final visit is to Hatter's Hotel in Lincolnshire. **8.25** Payment Day arrives.
9.00 **Surgeons: Life in Their Hands** New edition Patient Robert is contemplating brain surgery to treat his debilitating epilepsy.
10.00 **24 Hours in A&E** Cameras follow a 56-year-old who fell from a ladder at work.
11.05 **24 Hours in A&E**
12.10 AM **Surgeons: Life in Their Hands** As 9.00pm.
1.15 **999: On the Front Line**
2.15 **24 Hours in A&E**
3.20 **to 3.50** AM **Food Unwrapped's Nordic Adventure**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks Omnibus**
7.00 **Rude(ish) Tube Shorts**
7.15 **The Great British Bake Off** Chocolate Week.
8.30 **Married at First Sight UK**
3.20 PM FILM **Hotel Transylvania** Animated comedy with the voices of Adam Sandler, Selena Gomez and Andy Samberg. (2012, U, 91min) ★★★★
5.00 **Lego Masters Australia** Series finale In the final, teams are given 28 hours to create a showstopping build.
6.40 FILM **The Day After Tomorrow** Disaster movie starring Dennis Quaid and Jake Gyllenhaal. A climate expert sets out to rescue his son from a frozen New York after a global super storm triggers a new ice age. (2004, 12, 124min) ★★★★
9.00 **Married at First Sight UK** New edition The reality experiment continues.
10.35 **MAFS UK: It's Official! With Lucinda Light** New edition Action from *Married at First Sight UK*.
11.05 **Virgin Island**
12.10 AM **Married at First Sight UK** As shown at 9.00pm.
1.50 **Gogglebox**
2.45 **Open House: The Great Sex Experiment**
3.35 **Ramsay's Kitchen Nightmares USA**
4.25 **to 6.00** AM **Hollyoaks Omnibus**

+1 hr 235/236 306 30 123 256

Sunday primetime primetime

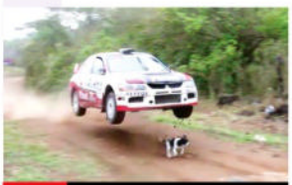
SUNDAY Entertainment

Sunday

Sky Witness

107 107 110 341 356

6.00 AM **Caught Red Handed**
9.00 **Customs UK** Double bill.
10.00 **Border Patrol**
11.00 **The Force: Manchester** Following the work of the Greater Manchester Police.
12.00 NOON **Caught on Dashcam** Road disasters captured via dashboard cameras.
1.00 PM **Border Patrol** Double bill following the work of the New Zealand Customs agents.
2.00 **Nothing to Declare** Ten editions following the work of customs officers in Australia.



8.00 Caught on Dashcam

7 PM

7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM

8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

9 PM

9.00 **Doc** *Day One:* 3/10. Sonya and Jake help an elderly couple navigate the final chapter of their love story. (S1)

10 PM

10.00 **The Rookie** *The Good, the Bad and the Oscars:* 18/18. Lucy and Tim learn to adapt to her new schedule. (S7)
11.00 **Matlock** 11/19. (S1)
12.00 M'T **The Good Doctor** 8/20. Shaun meets Lea's parents for the first time. (S4)
1.00 AM **Law & Order: Special Victims Unit** 9/13. (S25)
2.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Hotels in Venice.
7.00 **Urban Secrets**
8.00 **Perry Mason** 3-8/8. (S2)
2.25 PM **Game of Thrones** 5/10. Robb is betrayed. **3.30** 6/10. Roose Bolton decides what to do with Jaime. **4.35** 7/10. Melisandre reveals a secret to Gendry. **5.40** 8/10. Davos see proof of Melisandre's power. **6.45** 9/10. Jon faces his harshest test to date and Bran discovers a new gift. (S3)

10.15 True Detective

7.50 **Game of Thrones** *Mhysa:* 10/10. Joffrey stands up to Tywin, and Daenerys discovers whether she'll be remembered as a conqueror or a liberator in Yunkai. (S3)

9.00 **Task** *All Roads:* 4/7. Tom questions the loyalty of his task force, while Robbie and Cliff plan for their meeting at the park. (S1)

10.15 **True Detective** *If You Have Ghosts:* 5/8. Wayne finds himself in a no-win situation as new clues emerge in the case. (S3)
11.25 **The Wire** 10/13. (S1)
12.25 AM **In Treatment** (S1)
12.55 **The Last of Us** 1/7. (S2)
2.00 **Task** New episode 5/7. Tom follows a dangerous path. (S1)
3.15 **Succession** 7/9. (S3)
4.30 **In Treatment** (S1)
5.00 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S3&4)
10.00 **SEAL Team** 3-7/16. (S4)
3.00 PM **Grimm** 3/22. An old friend of Hank's searches for his missing daughter. **4.00** 4/22. Nick investigates after an accident, only to discover that a disease is spreading among the Wesen. **5.00** 5/22. Monroe investigates a robbery at a church and notes some suspicious activity among its flock. **6.00** 6/22. A contract is put out for Monroe's life. (S2)

3.00 Grimm

7.00 **An Idiot Abroad 2** 7/8. Karl Pilkington prepares for his final journey, a 15-hour trek to the summit of Mount Fuji.

8.00 **An Idiot Abroad 2** 8/8. Karl arrives back in the UK to be reunited with Ricky Gervais and Stephen Merchant.

9.00 **S.W.A.T.** New episode *Deep Cover:* 12/22. Alfaro encounters associates from an old case while working undercover. (S8)

10.00 **FILM One Shot** Action thriller starring Scott Adkins. A squad of Navy SEALs, on a mission to transport a prisoner off a CIA black site island prison, become trapped when insurgents attack. (2021, 15, 96min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.00 M'T **The Force: Manchester**
2.00 AM **Road Wars** Double bill.
4.00 **to 6.00** AM **Sun, Sea and A&E**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.45 **Buying the View**
8.10 **Dress to Impress**
9.10 **The Only Way Is Essex**
11.10 **Deal or No Deal**
12.10 PM **Deal or No Deal: Celebrity Special**
1.10 **Wheel of Fortune**
2.10 **Celebrity Catchphrase**
3.10 **FILM The SpongeBob SquarePants Movie** Animation. (2004, U, 90min) ★★★★
4.55 **FILM Grease** Smash-hit musical starring John Travolta. (1978, PG, 110min) ★★★★

7.10 Shrek

7.10 **FILM Shrek** Animated adventure with the voices of Mike Myers and Eddie Murphy. An ill-tempered ogre sets forth with a talking donkey to rescue a princess from a fire-breathing dragon. (2001, U, 90min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Big Brother** New edition Highlights from the past 24 hours in the house as the contestants take on more challenges.

10.00 **Big Brother: Late & Live** New edition AJ Odudu and Will Best present the companion show to this year's series.
11.05 **Family Guy** 10/18. Peter discovers his first name is actually Justin. (S13)
11.35 **Family Guy** 11/18. (S13)
12.05 AM **American Dad!** (S15)
1.05 **Deal or No Deal**
2.05 **Transaction** 2/6. (S1)
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **On the Buses**
7.00 **A Touch of Frost**
9.20 **Wycliffe** 4-6/6. (S1)
12.40 PM **Downton Abbey** 6/7. Sybil's political interests put her in grave danger. **1.45** 7/7. Robert makes a shocking announcement. (S1) **3.05** 1/9. Bates returns with a proposal for Anna. **4.35** 2/9. Carson has a panic attack in front of the family. **5.45** 3/9. The wounded officers arrive and Branson fails his army medical. (S2)

11.50 Coldwater

7.00 **Midsomer Murders** *The Witches of Angel's Rise:* A body is found surrounded by ritual symbols on the eve of a psychic fayre, propelling Barnaby into the world of mediums to find the killer.

9.00 **Doc Martin** *Love Will Set You Free:* 7/9. The news of Martin's Imperial College job offer goes flying through the village. (S10)

10.00 **Vera** *The Blanket Mire:* The discovery of a missing teenager's body stirs up tension in a rural community.
11.50 **Coldwater** 3/6. Tommy and Rebecca discover Cameron has gone missing. **12.50** AM 4/6. Catriona arrives to deliver a stark warning about Tommy. (S1)
1.45 **On the Buses**
2.15 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **Sportscene: Premiership Highlights** Action from the latest matches, featuring Aberdeen v Dundee.
8.30 **Designing the Hebrides** Banjo Beale tackles the bar of the Isle of Mull Rugby Club.
9.00 **The Rise and Fall of Timex Dundee** The protests outside Timex's Camperdown Factory in 1993.
10.00 **Still Game** 2/6. Jack and Victor become radio DJs at the hospital. (S4)
10.30 **Scot Squad** 4/6. Miekelson looks at the force's training policy. (S5)
11.00 **The Sunday Show** The main issues from the world of politics.
11.30 PM **to 12.00** M'T **The Trials That Shocked Scotland**

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **The Conners** (S5)
9.00 **Ballers** 6-8/10. (S2)
10.55 **Veep** 2-4/7. (S7)
12.55 PM **Sex and the City**
4.00 **Will & Grace** (S3)
6.30 **The Office (US)** 5/19. The Scranton staff prepare for the new website's launch party. **7.00** 6/19. Dwight and Michael kidnap a pizza delivery boy. **7.30** 7/19. Michael asks his employees for a loan. **8.00** 8/19. Dwight pines over Angela and Michael attempts to run away. **8.30** 9/19. The Scranton branch is asked to take part in an advert. (S4)
9.00 NEW SERIES **Saturday Night Live** American sketch show.
10.30 **James Acaster: Hecklers Welcome** A stand-up special by the comedian.
12.00 M'T **Saturday Night Live**
1.30 AM **And Just Like That...** 4&5/12. (S3)
3.15 **to 5.00** AM **Entourage**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **The Wind in the Willows** Musical.
8.15 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
12.00 NOON **Portrait Artist of the Year**
1.00 PM **André Rieu & the Dutch Royal Family**
3.00 **The Sky Arts Awards**
5.00 **Close to You: Remembering the Carpenters**
6.15 **Cliff Richard and the Shadows: The Final Reunion**
9.00 NEW **Billy Joel: Live in Rome** From 2006 at the Colosseum.
11.35 **Paul Simon: Live at Webster Hall, New York**
1.35 AM **Art's Most Erotic**
2.35 **Led Zeppelin: In the Light** Documentary.
4.00 **The Great Songwriters**
5.00 **Discovering: Crosby, Stills, Nash & Young**
5.30 **to 6.00** AM **Discovering: Neil Young**

Sky Mix

151 158 135 11 141 23

6.00 AM **Border Patrol**
8.00 **The Slow Mo Guys' Big Adventures**
8.25 **Monkeys and Apes: Wild Files** Documentary.
8.35 **Where's Wally**
9.00 **Star Trek: The Next Generation** (S3)
2.00 PM **Caught on Dashcam**
3.00 **Border Security: Canada's Front Line**
5.00 **Caught on Dashcam**
6.00 **Caught Red Handed**
8.00 **The Rookie** (S5)
10.00 **NCIS: New Orleans** *Homeward Bound:* 10/16. The team hunt for a sniper after a petty officer is shot dead. **11.00** *Stashed:* 11/16. A criminal Sebastian put behind bars escapes police custody. (S7)
12.00 M'T **Caught on Dashcam** Real crashes.
1.00 AM **Night Cops**
2.00 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Quiz show.
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Alan Carr's Epic Gameshow – Celebrity Special** Famous faces take part in a reboot of *Play Your Cards Right*.
3.00 **Tenable** Double bill hosted by Sally Lindsay.
5.00 **Deal or No Deal**
7.00 **Lingo** Double bill of the quiz hosted by Adil Ray.
9.00 **Alan Carr's Epic Gameshow** The comedian hosts an updated version of much-loved darts quiz *Bullseye*, with four pairs of contestants taking on the questions and the dartboard for chance to win big prizes.
10.00 **Tipping Point** Triple bill of the arcade-themed game show hosted by Ben Shephard.
12.50 AM **Alan Carr's Epic Gameshow** As 9.00pm.
1.45 **to 2.00** AM **Unwind**

Great! TV

157 167 170 34 32

8.00 AM **Highway to Heaven**
11.00 **A Fine Romance** (S2)
12.00 NOON **Man About the House** 2&3/6. (S2)
1.00 PM **Rising Damp** (S2)
2.00 **FILM Carry On Cabby** Comedy. (1963, b/w, PG, 95min) ★★★
4.00 **FILM Terms of Endearment** Oscar-winning drama starring Shirley MacLaine. (1983, 15, 132min) ★★★★★
6.55 **FILM The First Wives Club** Comedy starring Goldie Hawn. (1996, PG, 102min) ★★★
9.10 **FILM Up Close & Personal** Drama starring Robert Redford and Michelle Pfeiffer. (1996, 15, 124min) ★★
11.45 **The New Avengers**
12.45 AM **Rising Damp**
1.45 **Man About the House**
2.50 **A Fine Romance** (S2)
4.00 **to 4.50** AM **Highway to Heaven**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **Motorsport Mundial**
6.30 **Auto Mundial**
6.55 **Motorsport UK**
7.55 **World Superbike Highlights**
9.00 **English Football League Highlights** Recent action from the latest matches, including Hull City v Sheffield United.
11.00 LIVE **British Touring Car Championship** Nicki Shields presents coverage of the final weekend of the 2025 British Touring Car Championship season held at Brands Hatch.
6.40 PM **The Best of the 70s**

11.10 Police Academy 3

7.00 LIVE **Extreme E** The Desert X Prix Final Lap: Coverage of the second and concluding day of the final Extreme E event, which comes from Qiddiya City in Saudi Arabia.

9.10 FILM **The Expendables 2** Action adventure sequel starring Sylvester Stallone. A team of mercenaries strive to stop a psychotic terrorist from getting his hands on six tons of weapons-grade plutonium. (2012, 15, 98min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 FILM **Police Academy 3: Back in Training** Comedy sequel starring Steve Guttenberg. The academy is threatened with closure. (1986, PG, 90min) ★
12.45 AM **BattleBots**
1.45 **The Saint**
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 FILM **Ape Vs Mecha Ape** Sci-fi drama with Tom Arnold. (2023, PG, 120min) ★★
1.00 PM **Stargate Atlantis** Five episodes, including at: **4.00** 2/20. Jennifer Keller develops a mystery illness. **5.00** 3/20. Ronon is captured by former ally Tyre. (S5)
6.00 **Star Trek: Deep Space Nine** 15/26. Sisko and O'Brien are stranded on a planet with a simplistic lifestyle. (S2)

11.00 The Ark

7.00 **Star Trek: Deep Space Nine** *Shadowplay:* 16/26. Odo and Dax investigate mysterious disappearances.

8.00 **Star Trek: Deep Space Nine** *Playing God:* 17/26. Dax and Trill uncover a small but deadly universe in the Gamma Quadrant.

9.00 **Star Trek: Deep Space Nine** *Profit and Loss:* 18/26. Quark rediscovers his long-lost love on a Cardassian vessel.

10.00 **Star Trek: Deep Space Nine** *Blood Oath:* 19/26. Three Klingon warriors arrive to fulfil a deadly promise. (S2)

11.00 **The Ark** 9/12. Captain Garnet attempts diplomacy with a long-standing enemy. **12.00** M'T 10/12. Captain Garnet and Ian are trapped. **1.00** AM 11/12. Strickland makes a difficult decision. **2.00** 12/12. Drama. (S2)
3.00 **Room 104** 3&4/12. (S1)
4.10 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S1)
10.00 **Inspector George Gently**
12.00 NOON **Father Brown**
4.00 **The Coroner** 5/10. A member of a small group of treasure hunters dies shortly after finding some gold coins. Guest stars Katy Brand. **5.00** 6/10. A man is found dead in a container that has washed up on the beach. (S1)
6.00 **Miss Scarlet and the Duke** 3/6. Eliza is hired to go undercover and infiltrate a disruptive gang. (S1)

6.00 Miss Scarlet and the Duke

7.00 **Miss Scarlet and the Duke** 4/6. Eliza is hired by a Death Photographer who receives messages from beyond the grave. (S1)

8.00 **Death in Paradise** *Death in the Clinic:* 3/8. A body is discovered floating in the pool of a cosmetic surgery clinic.

9.00 **Death in Paradise** *A Deadly Curse:* 4/8. A treasure hunter is killed. Guest stars Michael Brandon. (S2)

10.05 **Father Brown** *The Devil You Know:* A senior member of the police force is murdered during a bowls match.

11.05 **Annika** 4/6. A writer is found dead under a bridge. (S1)
12.05 AM **Miss Scarlet and the Duke** As shown at 6.00pm.
1.05 **Murdoch Mysteries**
2.05 **Hightown** 2/8. (S1)
3.10 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.20 AM **Only Fools and Horses** Del is invited to a school reunion organised by his old adversary Roy Slater. **8.20** Uncle Albert falls victim to muggers, so Del resolves to take the law into his own hands. **9.30** Rodney and Albert worry the flat will get overcrowded once the baby finally arrives.
10.40 **Only Fools and Horses** Back-to-back episodes.
6.40 PM **Dad's Army** Jones's reputation is called into question by an old comrade.

7.20 Only Fools and Horses

7.20 **Only Fools and Horses** Rodney tires of being dogsbody to Del Boy and decides to move out and set up on his own. **8.00** Del and Rodney celebrate a used-car deal with a night out. **8.40** Del gets his hands on a statue of a Hindu god – which plunges him into a age-old feud. **9.20** One of Del Boy's old flames turns up out of the blue, so Rodney and Grandad resolve to extinguish any passion. **10.00** Del decides to enter the highly profitable tourist trade. **10.40** Del-Boy acquires a nuclear fallout shelter.

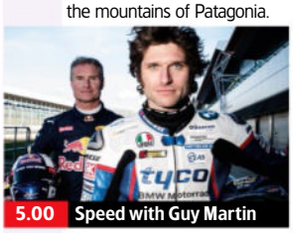
11.20 **Bottom** Richie and Eddie celebrate carnival time.
12.00 M'T **Bottom Live** Stage version of the comedy series from 1993, starring Rik Mayall and Adrian Edmondson.
2.30 AM **Bottom** As 11.20pm.
3.00 **to 4.00** AM **Black Ops**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Pointless** Quiz show.
8.00 **American Pickers: Best Of**
9.00 **American Pickers**
10.00 **Speed with Guy Martin: F1 Special** See 5.00pm.
11.00 **Top Gear** Double bill.
1.00 PM **Storage Hunters UK**
3.00 **Hairy Bikers' Best of British**
5.00 **Speed with Guy Martin: F1 Special** Guy Martin and David Coulthard compete in the ultimate test of bike against car.
6.00 **Wilderness with Simon Reeve** Simon treks across the mountains of Patagonia.


5.00 Speed with Guy Martin

7.00 **Special Ops: To Catch a Criminal** Manchester police take down a gang of teenage car thieves.

8.00 **Mortimer & Whitehouse: Gone Fishing** The duo head to Burgh Island on the south coast of Devon. **8.40** Bob and Paul return to the Peak District to fish in the Wye and Derwent.

9.20 **Have I Got a Bit More News for You** Victoria Coren Mitchell guest hosts, with comedian Ria Lina and *Sunday Times* journalist Tim Shipman.

10.20 **QI** Sandi Toksvig hosts with Phill Jupitus, Aisling Bea and John Barrowman.

11.00 **Mock the Week** With Ed Gamble, Milton Jones, Miles Jupp and Felicity Ward.
11.40 **Mock the Week**
12.20 AM **Live at the Apollo**
1.20 **Schitt's Creek**
3.10 **to 4.00** AM **Mortimer & Whitehouse: Gone Fishing**

+1 hour 211/212 327 74 259

Sunday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Four in a Bed**
2.00 PM **Location, Location, Location** Double bill.
4.00 **A Place in the Sun** Four editions, including at: **6.00** The search for a holiday home in Mojacar, Spain with £125,000. **7.00** Andy and Julian are looking for a home away from home on the island of Gran Canaria.
8.00 **Jamie's Air Fryer Meals** Jamie Oliver showcases recipes that are designed for the air fryer.
9.00 **Gogglebox** Double bill.
11.00 **Celebrity Gogglebox** *The Piano, Bridgerton* and *Celebrity Bridge of Lies* are appraised.
12.00 M'T FILM **Salt** Action thriller starring Angelina Jolie and Liev Schreiber. (2010, 12, 99min) ★★★
1.55 AM **The Disappearance of Jay Slater**
3.15 **Grand Designs**
4.10 **to 5.00** AM **24 Hours in A&E**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **Blue Bloods** (S2&3)
1.00 PM **NCIS** 1-5/22. (S20)
6.00 **NCIS** *The Good Fighter:* 6/22. The team realise that they have a mole. **7.00** *Love Lost:* 7/22. Murderous accusations are made against the Secretary of the Navy. **8.00** *Turkey Trot:* 8/22. An unknown shooter causes chaos at an annual run. (S20)
9.00 **Criminal Minds** *Ex Parte:* 19/22. The BAU take charge of a hostage situation at a law firm in Washington, DC. **10.00** *All You Can Eat:* 20/22. The team investigate a possible bioterrorism attack in Virginia. (S13)
10.55 **Law & Order: Special Victims Unit** (S22&21)
2.45 AM **Criminal Minds**
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Friends** (S4)
10.00 **Shoplifters: Caught Red Handed** Triple bill.
1.00 PM **Traffic Cops**
5.00 **Police Interceptors** Officers chase a driver through the streets of Ripley, Derbyshire. **6.00** The team deal with a knife-wielding man on New Year's Eve. **7.00** Officers raid a pirate radio station. **8.00** Officers try to track down burglars.
9.00 **The Royal Rich List 2025: Who's Worth the Most?** Finance and royal experts expose the fortunes of Britain's most famous family.
10.25 **999: Emergency Call Out** Documentary.
11.25 **Forensics: Murder Case**
12.25 AM **Banged Up Abroad**
1.25 **Ambulance: Code Red**
2.20 **to 4.00** AM **Police Interceptors**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.15 **Motorway Patrol**
9.40 **Ice Cold Catch**
10.40 **Ice Road Truckers**
12.35 PM **Mud Mountain Haulers** Documentary.
1.35 **Motorway Cops: Catching Britain's Speeders** Documentary.
2.40 FILM **Only the Valiant** Western drama. (1951, b/w, PG, 100min) ★★
4.50 FILM **Young Guns of Texas** Western starring Robert Mitcham. (1962, U, 90min) ★★
6.30 FILM **They Call Me Trinity** Western. (1970, PG, 100min) ★★★
9.00 LIVE **American Football: NFL** Los Angeles Chargers v Washington Commanders: Coverage of the week five match from SoFi Stadium. Kick-off is at 9.25.
12.30 AM **Cops**
1.00 **to 4.00** AM **World's Deadliest Weather: Caught on Camera**

U&W

132/133 131/133 125 25 156 28

6.10 AM **Tipping Point**
11.00 **One Born Every Minute** Six editions.
5.00 PM **The Supervet**
7.00 **Inside the Ambulance at Christmas** Jamie and Stuart race to a supermarket where a man has collapsed doing his food shopping. **8.00** Dan and Becky are called out to help a baby with a worryingly high temperature.
9.00 **Inside the Operating Theatre** Four-year-old Arabella has an operation to straighten squints in both eyes. **10.00** A woman has an operation to repair the hernia she suffered while giving birth.
11.00 **Ski A&E** Double bill.
1.00 AM **Interior Design Masters with Alan Carr**
2.15 **to 3.00** AM **Inside the Ambulance**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.25 AM **The Bill**
12.30 PM **Home Fires**
3.40 **Catherine Cookson's Tilly Trotter** Drama starring Carli Norris.
8.00 **Sister Boniface Mysteries** *St George's Defence:* 5/12. The sleuth investigates accusations of espionage at a chess tournament. (S2)
9.00 **Silent Witness** *Domestic:* Harry is called to a crime scene of a family he knows, and finds the bodies of the mother and daughter.
11.15 **New Tricks** *Family Business:* The team re-examine an assault case that left the victim in a coma, and uncovers a possible connection with a missing detective.
12.35 AM **The Last Detective**
2.20 **2point4 Children**
2.50 **to 4.00** AM **Sister Boniface Mysteries**

+1 hr 243 316 60 260

Really

142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** From Sicily.
7.00 **Teleshopping**
8.00 **Fantasy Homes by the Sea** Double bill.
10.00 **My Dream Derelict Home in the Sun**
12.00 NOON **Who Do You Think You Are?**
2.00 PM **Long Lost Family: What Happened Next**
3.00 **A Place in the Sun**
7.00 **Long Lost Family**
9.00 **Dr Pimple Popper** Krystal is a witch who wants to clear a curse of a cyst from her face. **10.00** With safety protocols in place, Dr Lee reopens her office. **11.00** David is back to see Dr Lee after she spotted a suspicious growth under his eye.
12.00 M'T **Celebrity Help! My House Is Haunted**
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Fantasy Homes by the Sea**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Bidding Room**
9.00 **Tenable** Double bill.
11.00 **Play Your Cards Right**
12.00 NOON **Pointless Celebrities** Quiz show.
1.00 PM **Through the Keyhole** Double bill.
2.00 **Who Wants to Be a Millionaire? Celebrity Special** Double bill.
4.00 **The Bidding Room**
5.00 **Tenable** Quiz show.
6.00 **The Chase Celebrity Special** With guests Hannah Mills, Chris Ramsey, Dion Dublin and Lesley Garrett.
7.00 **The Chase** Double bill.
9.00 **The Chase Celebrity Special** Giles Coren, Rachel Johnson, Chris Packham and Josie Long take part in the quiz.
10.00 **The Chase** Six editions of the quiz show hosted by Bradley Walsh.
4.00 AM **The Chase Celebrity Special**
5.00 **to 6.00** AM **The Chase**

Great! Action

323 319 426 42 33

9.10 AM **The High Chaparral**
12.10 PM **FILM Midway** World War Two drama starring Charlton Heston. (1976, PG, 130min) ★★★★
3.00 **FILM The Horse Soldiers** Western starring John Wayne. (1959, U, 115min) ★★
5.35 **FILM The Alamo** Epic Western starring John Wayne. (1960, PG, 161min) ★★★
9.00 **FILM The Magnificent Seven Ride!** Western adventure sequel with Lee Van Cleef and Stefanie Powers. (1972, PG, 100min) ★★★
11.15 **FILM Terminator Salvation** Sci-fi action thriller sequel starring Christian Bale. (2009, 12, 110min) ★★★
1.40 AM **The Persuaders!**
3.40 **Cops Uncut**
4.40 **to 5.40** AM **Wild West Chronicles**

+1hour 324

Great! Mystery

321 318 425 50 48

7.10 AM **Hart to Hart**
8.10 **Diagnosis Murder**
9.10 **FILM An Aurora Teagarden Mystery: Real Murders** Drama. (2015, PG, 90min) ★★
11.00 **Murder, She Wrote** Ten episodes of the drama.
9.00 PM **FILM Before and After** Drama with Meryl Streep and Liam Neeson. (1996, 12, 108min) ★★
11.20 **FILM Martha's Vineyard Mysteries: Riddled with Deceit** Drama starring Jesse Metcalfe and Sarah Lind. (2020, PG, 85min) ★★
1.15 AM **FILM Secrets that Kill** Thriller with Jillian Murray and Dan Amboyer. (2020, 12, 90min) ★★
3.00 **FILM Home Is Where the Killer Is** Thriller. (2019, 12, 87min) ★★
4.25 **to 5.50** AM **FILM Lies Gone Viral** Thriller. (2018, PG, 85min) ★★

+1hour 322

Great! Christmas

319 317 424 52 47

8.00 AM **FILM A Christmas to Cherish** (2019, U) ★★
10.05 **FILM A Holiday Wish Come True** Drama. (2018, U, 90min) ★★
12.00 NOON **FILM Mistletoe Over Manhattan** Drama. (2011, U, 90min) ★★
2.05 PM **FILM Christmas on 5th Avenue** Drama. (2021, PG, 85min) ★★
4.00 **FILM A Christmas Exchange** Drama. (2020, PG, 87min) ★★
5.55 **FILM Once Upon a Holiday** (2015, PG) ★★
8.00 **FILM Christmas in Paris** Drama. (2019, PG) ★★
10.00 **FILM Christmas with a View** (2018, PG) ★★
12.00 M'T **FILM Christmas in Palm Springs** Drama. (2014, PG, 84min) ★★
2.00 AM **FILM The Sweetest Christmas** (2017) ★★
3.25 **to 4.50** AM **FILM Christmas on 5th Avenue** As 2.05pm.

+1hour 320

Rewind TV

182 81 141

6.00 AM **Highlights**
9.00 **A Sharp Intake of Breath** 3&4/7. (S1)
10.00 **Please Sir!** (S4)
11.00 **Haggard** 1–3/7. (S2)
12.30 PM **Jokers Wild**
1.00 **FILM Life with Father** Comedy. (1947, U) ★★★
3.15 **Auto Rewind**
3.30 **Michael Horden, Going Home**
4.00 **Tracing the Rails**
4.30 **Old Country**
5.00 **Robinson Country**
5.30 **Discovering Gardens**
6.00 **A Brush with Art**
6.30 **Please Sir!** (S4)
7.30 **In Loving Memory**
9.00 **Hotel Amigo**
10.00 **Police Woman** (S1)
11.00 **Soap** 16–18/25. (S1)
12.30 AM **Jokers Wild**
1.00 **Hotel Amigo**
2.00 **On the Scent of Baskerville Hound**
2.30 **We Had One of Those**
2.40 **Auto Rewind**
2.55 **to 6.00** AM **Highlights**

DMAX

159 152 169 39 147 35

6.00 AM **Baggage Battles**
10.00 **Junkyard Empire**
2.00 PM **Bitchin' Rides**
5.00 **Hot Rod Garage**
7.00 **Expedition Bigfoot** An abandoned railroad track offers clues about Bigfoot's whereabouts. **8.00** Russell uses an unlikely ally to pursue a strange predator.
9.00 **Paranormal: Caught on Camera** A shadow figure sneaks around an abandoned restaurant. **10.00** A UFO looms over a couple's house.
11.00 **Expedition X** The team examine a Texas swamp. **12.00** M'T The team investigate one of the oldest witch stories. **1.00** AM The team head to southern New Jersey to hunt for the Jersey Devil.
2.00 **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Man v Food with Casey Webb** Eight editions.
12.00 NOON **Jamie's Easy Meals for Every Day**
1.00 PM **James Martin's Great British Adventure**
3.00 **Great British Bake Off**
9.00 **James Martin's Islands to Highlands** James is joined by Michelin-starred chef Kenny Atkinson in Northumberland. **10.00** James and Lisa Goodwin-Allen visit the Isle of Man for the TT warm-up week. **11.00** James explores Northern Ireland, joined by his good pal and local boy Paul Rankin. **12.00** M'T The chef explores Northern Ireland with Paul Rankin.
1.00 **to 3.00** AM **Diners, Drive-Ins and Dives**

+1hour 240/241 154

Legend

148 156 149 41 137 38

7.00 AM **FILM Prince Valiant** Arthurian adventure. (1997, PG, 91min) ★★
9.00 **The Fall Guy** (S4)
2.00 PM **FILM Danger Within** Mystery. (1959, b/w, U, 97min) ★★
4.00 **FILM Above Us the Waves** World War Two drama. (1955, b/w, U, 99min) ★★★
6.00 **FILM Time Without Pity** Crime thriller. (1957, b/w, PG, 88min) ★★
8.00 **The Twilight Zone** (S2)
9.00 **FILM Faster** Thriller starring Dwayne Johnson and Billy Bob Thornton. (2010, 15, 97min) ★★★
11.00 **FILM The Way of the Gun** Crime thriller starring Ryan Phillippe. (2000, 18, 119min) ★★
1.15 AM **FILM A Certain Justice** Adventure. (2014, 15, 96min) ★★
3.10 **to 5.00** AM **FILM Hidden Agenda** Thriller. (2001, 18, 91min) ★★

+1hour 318 371 139

Legend Xtra

317 316 171 69 138 51

6.00 AM **FILM Riddles of the Sphinx** Action adventure. (2008, 12, 89min) ★★
8.00 **FILM Dr Terror's House of Horrors** Horror. (1964, PG, 98min) ★★★
10.00 **FILM Earthstorm** Sci-fi action drama. (2006, PG, 90min) ★★
12.00 NOON **FILM Against a Crooked Sky** Western. (1976, PG, 85min) ★★
2.00 PM **FILM Biggles: Adventure in Time** Time travel adventure. (1986, PG, 108min) ★★
4.00 **Six Million Dollar Man**
9.00 **FILM Zulu Dawn** Action drama sequel starring Burt Lancaster. (1979, PG, 121min) ★
11.15 **FILM Johnny Handsome** Thriller starring Mickey Rourke. (1989, 15, 94min) ★★★
1.10 **to 3.00** AM **FILM Blood and Money** Thriller. (2020, 15, 89min) ★★

+1hour 318 371 139

Blaze

164 169 174 64 161 41

6.00 AM **Auction Hunters**
6.30 **Auction Hunters: Pawn Shop Edition**
8.00 **Irish Pickers**
9.00 **Junk and Disorderly**
10.00 **Alien Disclosure Files**
11.00 **Ancient Aliens**
12.00 NOON **Encounter: UFO**
1.00 PM **The UnXplained: Mysteries of the Universe** Documentary.
2.00 **When Big Things Go Wrong** Five editions.
7.00 **History's Greatest Mysteries** Documentary.
8.00 **The Curse of Oak Island**
9.00 **Greatest Prison Escapes**
10.00 **Legends of the Pharaohs** Amenhotep III.
11.00 **Al Murray: Why Does Everyone Hate the British Empire?**
12.00 M'T **Evidence of the Unexplained**
1.00 AM **UFO Conspiracies**
2.00 **Paranormal Survivor**
3.00 **Haunted Hospitals**
4.00 **to 6.00** AM **Claw Hunters**

5SELECT

153 166 138 46 133 30

9.00 AM **World War I in Colour** Double bill.
11.00 **Columbo** Five episodes of the drama, including at: **5.30** PM *Strange Bedfellows:* The sleuth investigates the deaths of a horse trainer's brother and a Mob bookie.
7.30 **The Great Fire of London with Rob Rinder & Ruth Goodman** Rob and Ruth examine one of London's most dramatic moments.
9.00 **Dick Emery: The Naughty Bits & More** Friends and colleagues of funnyman Dick Emery share their stories.
11.05 **FILM Keeping Mum** Black comedy starring Rowan Atkinson, Kristin Scott Thomas and Maggie Smith. (2005, 15, 103min) ★★
1.05 AM **Britain's Favourite 90s Comedy**
3.05 **to 4.00** AM **Nazi Megastructures**

HGTV

158 153 191 44 149 40

7.00 AM **My Lottery Dream Home** Eight editions.
11.00 **Escape to the Country**
1.00 PM **Escape to the Country** A couple of returning expats search for a rural retreat in the Cotswolds. **2.00** A couple look for a home in Derbyshire. **3.00** Helping a horse enthusiast search for a rural respite with a budget of £465,000. **4.00** Sonali Shah goes house hunting in Cheshire with a couple. **5.00** Alistair Appleton helps a businesswoman looking in Hampshire. **6.00** People search for their ideal rural retreats.
7.00 **A Place in the Sun** Six editions of the series offering advice on buying a second home abroad.
1.00 **to 4.00** AM **Bargain Mansions**

+1hour 258/262 391

TLC

133/134 139 165

7.00 AM **Curvy Brides Boutique** Reality series.
8.00 **Say Yes to the Dress: UK** Reality series.
10.00 **The Bad Skin Clinic**
12.00 NOON **Extreme Cheapskates**
1.00 PM **My 600lb Life: Where Are They Now?**
5.00 **The Family Chantel**
6.00 **7 Little Johnstons**
8.00 **The Bad Foot Clinic**
9.00 **It's Me or the Dog** A French bulldog that rules the roost. **9.30** A rescue dog obsessed with staring.
10.00 **24 Hour Baby Hospital**
11.00 **Body Bizarre**
12.00 M'T **Sex Sent Me to the ER** Medical series.
1.00 AM **Extreme Couponing**
2.00 **24 Hour Baby Hospital**
3.00 **The Face Doctors**
4.00 **The Bad Foot Clinic**
5.00 **to 6.00** AM **Say Yes to the Dress: UK**

+1hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Most Ridiculous**
8.35 **Bradley & Barney Walsh: Breaking Dad**
9.30 **Friends** (S9)
2.00 PM **FILM Definitely, Maybe** Romantic comedy. (2007, 12, 107min) ★★★
4.10 **Friends** (S9&10)
7.55 **Friends** 2/18. Ross embarrasses himself. **8.25** 3/18. Ross tries a spray tan. (S10)
9.00 **FILM The Bad Education Movie** Comedy starring Jack Whitehall. (2015, 15, 91min) ★★★
10.45 **Iain Stirling's Roast the Internet** With Tom Allen.
11.45 **Whose Line Is It Anyway? USA**
12.45 AM **Important Things with Demetri Martin**
1.15 **South Park** (S18&19)
3.15 **Beavis and Butt-Head**
3.25 **The Ricky Gervais Show**
4.15 **to 5.00** AM **Most Ridiculous**

+1hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Everybody Loves Raymond** (S2)
7.00 **Teleshopping**
9.00 **Everybody Loves Raymond** (S3&2)
5.00 PM **Whose Line Is It Anyway? USA**
9.00 **Friends** 11/24. Rachel propositions Joey. **9.30** 12/24. Rachel and Joey hit the town. **10.00** 14/24. Joey takes Rachel to the hospital. **10.30** 15/24. Monica prepares a surprise. **11.00** 16/24. Joey confesses his feelings. **11.30** 17/24. Joey tries to avoid Rachel. **12.00** M'T 19/24. Joey has a TV interview. **12.30** AM 22/24. Chandler falls asleep at Joey's film premiere. (S8)
1.00 **Friends** 23&24/24. (S8)
2.00 **Key & Peele**
3.45 **The Daily Show**
5.15 **to 6.00** AM **Everybody Loves Raymond**

Sky Replay

152 160 156

7.00 AM **Four Weddings**
9.00 **Highway Cops**
10.00 **Highway Patrol**
2.00 PM **Road Wars**
7.00 **SEAL Team** *Siege Protocol – Part Two:* 12/20. The Tactical Operations Centre is compromised. **8.00** *Fog of War:* 13/20. Bravo Team conduct a mission review. **9.00** *Objects in the Mirror:* 14/20. The unit try to rescue a target being held hostage. **10.00** *Rules of Engagement:* 15/20. Bravo Team protect a group of engineers. **11.00** *Last Known Location:* 16/20. Sonny faces a disciplinary. (S3)
12.00 M'T **The Russell Howard Hour**
2.00 AM **A League of Their Own** Double bill.
4.00 **to 6.00** AM **Four Weddings**

MTV

126/127 137 134 351 366

6.00 AM **The Hills**
6.20 **Teen Mom UK**
7.10 **Teen Mom OG**
1.00 PM **Catfish: Firsts**
2.00 **Catfish: The TV Show**
4.00 **Catfish: The Dramatic**
5.00 **Catfish: The TV Show**
9.00 **My Lover, My Killer** A woman who vowed revenge on her lover for breaking off the affair.
10.00 **Ink Master Redemption** Bili Vegas and Mark Matthews return to prove they've grown. **10.30** Two angry Canvases return to confront their artists.
11.00 **Aussie Shore** Charlotte sends some of the group off to a fun job. **12.00** M'T Tom's caught between Lily and Lexie.
1.00 AM **Jersey Shore Family Vacation**
2.00 **Caught in the Act: Double Life**
2.45 **Catfish: The TV Show**
3.35 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **Street Outlaws: Locals Only** Motoring series.
7.00 **Wheeler Dealers**
12.00 NOON **Alaska: Homestead Rescue** Six editions of the documentary, including at: **3.00** PM The Raneys fix an earthquake-ravaged foundation. **4.00** The family reflect and get updates from some of the self-sufficient owners. **5.00** The Raneys visit a homestead they helped save more than three years ago.
6.00 **Scrap Kings** Diggers demolish a bridge on the M4.

6.00 Scrap Kings

7.00 **Alaska: Homestead Rescue** In Aloha State, a Hawaiian family struggle to homestead between two active volcanoes, while the Raneys build a fortified garden and a hunting blind.
9.00 **Sin City Tow** At a call on the Strip, tow truck driver Shawn is shocked by a six-foot python in a car's front seat.
10.00 **Wheeler Dealers World Tour** In Sao Paulo, the boys buy a Brazilian designed VW SP2, which is Mike's dream come true.
11.00 **Roadworthy Rescues** Derek heads to Minnesota to revive a track car he's had stashed away.
12.00 M'T **Naked and Afraid** A series legend joins two new survivalists in the brutal Kentucky backwoods.
2.00 AM **Naked and Afraid**
4.00 **to 5.00** AM **Buying Alaska**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **Alaska: Homestead Rescue** Documentary.
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **Alaska: Homestead Rescue**
5.00 **Treehouse Masters** Pete Nelson designs a beehive-style structure for couple Donald and Alison Farmer.
6.00 **Bad Dog!** A cat that rides a skateboard to the beach, and a micro-pig that rummages in bins for food.

8.00 Little Giants

7.00 **How Do Animals Do That?** Fun facts about eagles and squirrels. **7.30** Why pandas are black and white.
8.00 **Little Giants** The team have a tough search for a panther chameleon. **8.30** Bradley and Billy search for an iguana.
9.00 **The Zoo** A Chinese alligator shows signs of being pregnant, and staff prepare to release New England cottontail rabbits.
10.00 **Tanked** Wayde meets basketball star Shaquille O'Neal, who requests an aquarium built inside the front end of a semi-truck.
11.00 **Alaska: The Last Frontier** Otto, Jane and Shane transport a cabin to Perl Island.
12.00 M'T **Fish or Die** Searching for a fish close to extinction.
1.00 AM **Saved by the Barn**
2.00 **Alaskan Bush People**
3.00 **Little Giants** Documentary.
4.00 **to 5.00** AM **The Zoo**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Ice Road Rescue**
11.00 **WW2: Hell Under the Sea**
1.00 PM **Hitler's Last Stand**
3.00 **Secret Nazi Science** A look into how the Nazis used science to study human constitution and its limits.
4.00 **Inside the SS** Documentary about Hitler's private army. **5.00** The role of the SS in the Holocaust, with many volunteering to run the camps.
6.00 **Tucci in Italy** Stanley examines city-countryside connections in Lazio.

9.00 Top Guns: The Next...

7.00 **Car S.O.S** Tim and Fuzz take on a wreck of a VW Dune Buggy, owned by a father of three from East Yorkshire.
8.00 **Engineering Europe** New edition The Netherlands' engineering wonders revealed.
9.00 **Top Guns: The Next Generation** New edition The students start the dogfighting phase to learn how to attack in battle.
10.00 **Secrets of Area 51** Behind the scenes at the world's most secret military base, with contributions from CIA agents.
11.00 **Inside Melbourne Airport** Duty Manager Dan deals with a check-in outage at the start of the school holidays.
12.00 M'T **To Catch a Smuggler**
1.00 AM **Air Crash Investigation**
2.55 **Food Factory USA**
3.45 **Lords of War** Double bill.
4.35 **to 5.00** AM **Money Meltdown**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Pawn Stars** Double bill.
8.00 **Alone** Reality series.
9.00 **Kevin Costner's The West**
10.00 **Britain's Most Historic Towns**
1.00 PM **Digging for Britain**
3.00 **Digging for Britain: Iron Age Revealed** Documentary.
4.00 **Digging for Britain**
5.00 **The Abyss: Rise & Fall of the Nazis** How the Nazis conquered Germany in the wake of World War One. **6.00** How the failed coup on November 9, 1923 eliminated Hitler's movement.

9.00 Mengele Unveiled

7.00 **Airport Security: USA** At San Francisco airport, officers intercept a drug mule carrying a suitcase of marijuana.
8.00 **Airport Security: USA** Law enforcement and customs officers receive a tip-off on two drug trafficking suspects.
9.00 **Mengele Unveiled** An analysis of Josef Mengele's life, exposing the false narratives about the 'Angel of Death'.
10.00 **Mengele Unveiled** Exploring Mengele's adherence to Nazism and the inhumane experiments conducted at Auschwitz.
11.00 **Mengele Unveiled** Focusing on the horrific historical truth of Josef Mengele's crimes.
12.00 M'T **History's Most Shocking** Footage of a woman nearly sucked up by a tornado.
1.00 AM **Ancient Aliens** The legacy of astronomer J Allen Hynek.
2.00 **Ancient Aliens: Origins**
4.00 **to 6.00** AM **Airport Security: USA**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great Continental Railway Journeys**
8.00 **Great Continental and Indian Railway Journeys**
9.00 **Trawlermen** Triple bill.
11.00 **Bangers & Cash**
2.00 PM **Flipping Bangers**
3.00 **Frozen Planet** Exploring the Arctic and Antarctic. **4.00** A polar bear hunts with her cubs in the Arctic. **5.00** How animals in the polar regions adapt to summer. **6.00** Polar bears await the return of the Arctic ice.

3.00 Frozen Planet

7.00 **Ireland with Simon Reeve** Simon explores the history of both the Republic of Ireland and Northern Ireland.
8.00 **Flipping Bangers** Gus and Will hunt down an affordable Italian car, and eventually find an Alfa Romeo 155 in a barn.
9.00 **Bangers & Cash** Jack is off to East Yorkshire for an 80's motor, where a Ford enthusiast is thinning out his herd of nine Escorts.
10.00 **Bangers & Cash** Anglophile Derek struggles to get his message across on a rare trip abroad to pick up a Bentley.
11.00 **Bangers & Cash** Dave finds a very rare 70s Sunbeam Lotus.
12.00 M'T **Bangers & Cash** A collection of British classics comes up for auction, including an Austin A35 and a Hillman Avenger Estate.
2.00 **to 3.00** AM **Bangers & Cash: Restoring Classics**

+1 hour 255 329

Quest

144 149 137 12 144 17

6.00 AM **World's Greatest Motorcycle Rides**
8.00 **Find It, Fix It, Flog It**
12.00 NOON **Money for Nothing** A blanket box.
1.00 PM **LIVE British Superbikes** Coverage from Oulton Park.
6.00 **The Yorkshire Auction House** Double bill.
8.00 **Salvage Hunters** Viki snaps up an untouched weaver's table.
9.00 **The Yorkshire Auction House** A retired couple asks Angus to sell their toy collection. **10.00** Angus helps an engineer and his wife with 200 clocks. **11.00** A collection of scientific instruments.
12.00 M'T **Massive Engineering Mistakes**
2.00 AM **Destroyed in Seconds** Four editions.
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress**
7.00 **Curvy Brides Boutique**
8.00 **Say Yes to the Dress**
10.00 **Say Yes to the Dress: Atlanta** Double bill.
11.00 **Curvy Brides Boutique**
12.00 NOON **FBI Files**
3.00 PM **The Perfect Murder**
7.00 **The Perfect Murder** Exploring the crimes of Carlos Perez-Olivo. **8.00** A look into the case of real estate developer Jana Koklich.
9.00 **A Killer's Mistake** Todd Kohlhepp hides a deeply disturbing history. **10.00** A 45-year-old mother-of-five with learning difficulties disappears in 2019.
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Documentary.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
6.05 **Storm of Suspicion** A man goes missing from a small beach community in New York.
7.00 **Secrets of a Murder Detective** DI Steve Keogh looks into the murder of Michael Keen. **8.00** The murder of Christopher Proctor.
9.00 **NEW SERIES Murder in Mind** In East Sussex, Lewis Ashdown killed YouTuber Marc Williams.
10.00 **Millionaire Murders** When Anthony Ashley-Cooper vanished, family feared he had been kidnapped.
11.00 **See No Evil**
12.00 M'T **Secrets of a Murder Detective**
2.00 AM **Murder in Mind**
3.00 **Uncovering the Date Rape Killer**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Murder UK**
1.00 PM **Uncovering Melanie's Murderer**
2.00 **Forensic Factor** A look into how criminals are betrayed by the clues their own bodies leave behind. **3.00** A look at whether the sound of a suspect's voice can reveal his lie.
4.00 **Written in Blood** Simon Toyne travels to Cheshire to investigate the opportunistic crimes that took place at a barn house in Congleton. **5.00** Simon travels to Manchester to examine the gang-violence and turf wars which have shaped the criminal landscape of one of the UK's bloodiest cities.
6.00 **Judge Judy** Real-life small-claims cases.
2.00 AM **Forensic Factor**
4.00 **Citizen Detective**
4.45 **to 6.00** AM **Facing Evil**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Highway Cops**
9.00 **Brit Cops: Rapid Response** Documentary.
10.00 **Killer in My Village**
11.00 **World's Most Evil Killers**
12.00 NOON **Forensics: Catching the Killer**
1.55 PM **Ireland's Most Evil Killers** Catherine Nevin.
3.00 **World's Most Evil Killers**
4.00 **Forensics: Catching the Killer** True-crime.
5.00 **Britain's Most Evil Killers**
6.00 **How I Caught the Killer**
7.00 **World's Most Evil Killers**
8.00 **Killer in My Village**
9.00 **Catching a Serial Killer: Sam Little**
10.50 **Britain's Most Evil Killers**
11.55 **How I Caught the Killer**
1.00 AM **The Real Manhunter**
2.00 **Killer in My Village**
3.00 **Ireland's Most Evil Killers** True-crime.
4.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **Highway Patrol**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of the Scottish Islands**
8.40 **War Machine: World War II** Four editions.
1.00 PM **The Civil War**
6.15 **War Machine: World War II** Examining the weapons used on different battlegrounds during World War Two. **7.25** 2/4. How naval warfare evolved from battleships to submarines during World War Two. **8.35** 3/4. A look at how advancements in aeronautics reshaped strategies during World War Two. **9.40** 4/4. How the fates of entire nations rested on their supply lines.
10.50 **Ukraine 1933: Seeds of Hunger** The story of the Ukrainian famine between 1931 and 1933.
12.00 M'T **Animal Pride**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Discovering: Frances McDormand**
7.00 **Discovering: Meg Ryan**
8.00 **The Directors** Wes Anderson.
9.00 **Donyale Luna: Supermodel**
10.50 **My Icon: Kadeen Corbin**
11.00 **Hill** A profile of ex-Formula One driver Damon Hill.
12.50 PM **Hitsville: The Making of Motown** The history and origins of the Motown record label.
3.00 **Seen & Heard: The History of Black Television** Double bill.
6.30 **My Icon: Denise Lewis**
6.45 **Tina** A celebration of Tina Turner's life and career.
9.00 **Gary** A look at the life and mysterious death of actor Gary Coleman, who shot to fame as Arnold in *Diff'rent Strokes*.
11.00 **Mr Dynamite: The Rise of James Brown** The career of the singer, musician and producer, charting his journey from his first hit in 1956.
1.20 AM **King in the Wilderness**
3.30 **Giroud** A profile of French footballer Olivier Giroud.
5.00 **to 6.00** AM **The Directors**

Sky Nature

145 113/114 189 354 369

6.00 AM **Monkeys: An Amazing Animal Family**
7.00 **Nature's Dress Code: Who Wears What and Why?**
8.00 **Wildlife Icons**
10.00 **Osprey** Documentary.
11.00 **Survival of the Beast**
2.00 PM **Life's Journey**
5.00 **Snow Leopards with Dan O'Neill** Series finale The largest snow leopard ever recorded.
6.00 **Pride Rules** Lion prides.
7.00 **David Attenborough's Kingdom of Plants** The wonders of the botanical world.
8.00 How plants change through the seasons.
9.00 How some species have reduced dependence on water.
10.00 **Beasts of the Big Blue** Exploring the wildlife of the Three Kings Islands.
11.00 **Snow Leopards with Dan O'Neill** As shown at 5.00pm.
12.00 M'T **Pride Rules**
1.00 AM **Osprey** Documentary.
2.00 **Beasts of the Big Blue**
3.00 **to 6.00** AM **Malawi Wildlife Rescue**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Hitler's British Island**
10.00 **Combat Trains**
11.00 **Inside the Tower of London**
1.00 PM **Britain's Most Historic Towns** Alice Roberts is in Glasgow to investigate the impact of steam power.
2.00 **Alien Files: Unsealed**
4.00 **Combat Trains**
6.00 **Invasion: The Normans** The 12th-century Anglo-Norman invasion of Ireland.
7.00 Henry II arrives to take control of Ireland.
8.00 **Clash of Ancient Warriors** The Battle of the Catalaunian Plains, fought in 451.
9.00 **The Other 300: Army of Lovers** The story of elite Greek army the Sacred Band, which was formed by the city of Thebes in 379BCE to defend itself from Sparta.
11.00 **Ancient Aliens** Double bill.
1.00 AM **Strangest Things**
3.00 **WWII's Most Daring Raids**
4.00 **WWII Battles in Colour**
5.00 **to 6.00** AM **Battle 360**

Crime+Investigation

156 142 133

6.00 AM **Murder at My Door with Kym Marsh** Double bill.
8.00 **Crimes That Shook Britain**
10.00 **Murdertown**
11.00 **999: Killer on the Line**
1.00 PM **Killer Britain with Dermot Murnaghan** Double bill.
3.00 **The Real Murders of Atlanta**
7.00 **Laura Whitmore on Britain's Killer Teens** A murder inspired by TV show *Dexter*.
8.00 **The Real Murders of Atlanta** A young mother is assassinated.
9.00 **Cold Case UK** New edition Revisiting the files on investigations that went cold.
10.00 **Cold Case Files** How a family fought for justice for 30 years.
11.00 **Look What You Made Me Do**
12.00 M'T **Secrets of Celebrity Sex Tapes** Kim Kardashian.
1.00 AM **The Eunuch Maker**
2.00 **Laura Whitmore on Britain's Killer Teens** New edition
3.00 **Cold Case UK** True-crime.
4.00 **to 6.00** AM **Spring Break Murders**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **The Incredible Dr Pol**
10.00 **Chimp School**
11.00 **Incredible Animal Journeys**
1.00 PM **Wild Argentina**
4.00 **Secrets of the Zoo**
6.00 **Critter Fixers: Country Vets** New edition The vets treat a variety of animals, including dogs, rats, a rabbit, a bearded dragon and a pot-bellied pig.
7.00 **Close Encounters of the Wild Kind** New edition Footage of animals attacking safari patrons, including elephants crushing cars and hippos chasing speedboats.
8.00 **Galapagos: Enchanted Isle** The wildlife of the volcanic islands in the Pacific.
9.00 **The Flood** Part one of two. The impact of flooding on the wildlife of the Okavango Delta.
10.00 **Wild Chile** Wildlife that has adapted to survive without water.
11.00 **Snakes in the City**
12.00 M'T **Alaska: The Next Generation** Double bill.
2.00 AM **Secrets of the Zoo: Tampa**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 147 181 320 325

7.00 AM **Shed and Buried**
9.00 **Treasure Quest: Snake Island**
12.00 NOON **Combat Dealers**
3.00 PM **World's Greatest Motorcycle Rides** Triple bill.
6.00 **Blowing Up History** The secrets of Emperor Nero's palace built in the heart of Rome.
7.00 Experts reveal the secrets of the Lighthouse of Alexandria in Egypt.
8.00 New discoveries reveal the hidden meaning behind the world's oldest biblical texts.
9.00 **Salvage Hunters: The Restorers** Painter Gill restores a faded Chinese marriage cabinet, and leather specialist Martin saves a rare suitcase.
10.00 Robin works on a pair of sofas used in *Doctor Who*.
11.00 Woodworker Robin Johnson restores a huge kitchen dresser, while leather expert Martin Ashcroft works on a unique set of leather books.
12.00 M'T **Shed and Buried**
2.00 **to 5.00** AM **Combat Dealers**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **Shipwreck Secrets**
1.00 PM **Shipwreck Secrets** The discovery of a wreck off the coast of Florida sends a team of explorers on a mission.
2.00 The ship that has become synonymous with the Bermuda Triangle since vanishing.
3.00 Divers search a newly discovered wreck as they investigate the SS *Justicia*.
4.00 A marine biologist and a diver search Chuuk Lagoon for a wreck discovered by sonar.
5.00 **TOTP: 1997** Featuring Gina G, Toby Bourke with George Michael and Rosie Gaines.
5.40 With Wet Wet Wet, En Vogue and Skunk Anansie.
6.20 Performances by Lisa Stansfield and Supergrass.
7.00 Performances from Gala, and Coolio featuring 40 Thevz.
7.40 Featuring Meredith Brooks, Wet Wet Wet and Olive.
8.20 **TOTP: 1997**
4.30 **to 6.00** AM **Great British Railway Journeys**

+1 hour 266 376

ID

154 141 166

8.00 AM **Married with Secrets**
10.00 **Web of Lies** Double bill.
12.00 NOON **Disappeared**
2.00 PM **Murder in the Heartland**
4.00 **On the Case with Paula Zahn**
6.00 **Hometown Homicide** The disappearance of Doe Roberts.
7.00 A case in which a fisherman in Georgia recovered a body with a gun in its hand.
8.00 **Twisted Sisters** Investigating how long-standing jealousy drove two pregnant sisters into a twisted murder plot.
9.00 **The Fall of Diddy** Allegations of sex trafficking and abuse hit Sean Combs in late 2023.
10.00 Sean Combs' alleged mistreatment of women avoids public scrutiny.
11.00 **Evil Lives Here: The Killer Speaks** A women wants her sibling to admit that he murdered their mother.
12.00 M'T **Road Rage** Four editions.
2.00 AM **Murder Decoded**
4.00 **to 6.00** AM **Deadline: Crime with Tamron Hall**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **American Chopper**
8.00 **Misfit Garage** Double bill.
10.00 **How It's Made: Dream Cars**
11.00 **Bad Chad Customs**
12.00 NOON **Fifth Gear** Five editions.
5.00 PM **Richard Hammond's Workshop** Neil promises to help with a 1930s Morris 8.
6.00 Richard takes the Cogs go karting to find a driver for the classic racing team.
7.00 **Wheeler Dealers** Mike and Elvis tackle a classic Toyota Landcruiser.
8.00 A Mitsubishi Shogun.
9.00 A Jeep CJ-7 Renegade rolls into the workshop.
10.00 Mike finds a Land Cruiser FJ60, but the original four-speed transmission holds it below highway speeds.
11.00 Mike works on a Ford Bronco for Barrett Jackson.
12.00 M'T Mike and Ant enter the market for American SUVs with a Jeep Grand Wagoneer.
1.00 AM **American Chopper**
3.00 **to 5.00** AM **Misfit Garage**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.15 AM **Wish You Were Here** Drama. (2025, 12) ★★★
8.10 **Code 3** As 6.00pm.
10.10 PREMIERE **It Feeds** (2025)
12.00 NOON **Bridget Jones: Mad About the Boy** As 8.00pm.
2.10 PM **Wolf Man** Werewolf horror starring Christopher Abbott. (2024, 15, 103min) ★★★
4.00 **Novocaine** As 12.00m't.
6.00 **Code 3** Comedy with Rainn Wilson and Lil Rel Howery. (2023, 15, 104min) ★★★★

10.10 It Feeds

8.00 **Bridget Jones: Mad About the Boy** Romantic comedy starring Renée Zellweger. Recently widowed Bridget Jones enters the dating game once again, caught between her son's science teacher and a man 20 years her junior. (2024, 15, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 PREMIERE **It Feeds** Horror starring Shawn Ashmore and Ashley Greene. A girl claims an entity is feeding on her. (2025, 15, 102min) ★★★
See review, page 23.
SEX ●●● VIOLENCE ●●● LANG ●●●
12.00 M'T **Novocaine** Action comedy starring Jack Quaid, Amber Midthunder and Ray Nicholson. (2024, 15, 80min) ★★★
1.55 AM **Nosferatu** Horror fantasy starring Bill Skarsgård. (2024, 15, 132min) ★★★★
4.10 **to 6.00** AM **Panda Plan** Chinese comedy. Subtitled. (2024, 15, 99min) ★★★

Sky Cinema Bridget Jones

303 303 403 503 517

6.15 AM **The Cinema List: SNL**
6.35 **Bridget Jones: Mad About the Boy** As 10.15pm.
8.45 **Bridget Jones's Diary** (2001)
10.30 **Bridget Jones: The Edge of Reason** As shown at 6.20pm.
12.30 PM **Bridget Jones's Baby**
2.35 **Bridget Jones: Mad About the Boy** As shown at 10.15pm.
4.40 **Bridget Jones's Diary** Comedy. (2001, 15, 96min) ★★★★
6.20 **Bridget Jones: The Edge of Reason** (2004, 15) ★★★

6.20 Bridget Jones: The Edge...

8.10 **Bridget Jones's Baby** Comedy sequel starring Renée Zellweger and Colin Firth. After a pair of one-night stands, the now single Bridget Jones winds up pregnant. With Emma Thompson and Patrick Dempsey. (2016, 15, 123min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **Bridget Jones: Mad About the Boy** Romantic comedy starring Renée Zellweger. Recently widowed Bridget Jones enters the dating game once again, caught between her son's science teacher and a man 20 years her junior. (2024, 15, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.30 AM **Bridget Jones's Diary**
2.15 **Bridget Jones: The Edge of Reason** As 6.20pm.
4.15 **to 6.25** AM **Bridget Jones's Baby** As shown at 8.10pm.

Sky Cinema Drama

310 310 410 510 524

6.50 AM **Elizabeth: The Golden Age** Drama. (2007, 12, 114min) ★★★
9.00 **A League of Their Own** Comedy starring Tom Hanks. (1992, PG, 124min) ★★★★
11.15 **Sleepless in Seattle** Comedy. (1993, PG, 105min) ★★★★★
1.15 PM **Dunkirk** Wartime drama. (2017, 12, 106min) ★★★★★
3.15 **There Will Be Blood** Drama. (2007, 15, 158min) ★★★★★
6.00 **One Life** Drama starring Anthony Hopkins and Lena Olin. (2023, 12, 105min) ★★★★
8.00 **Bob Marley: One Love** Drama starring Kingsley Ben-Adir. (2023, 12, 104min) ★★★
10.00 **Dreamgirls** Musical starring Jamie Foxx, Beyoncé Knowles and Eddie Murphy. A wannabe music mogul pushes a girl group to stardom but sidelines their talented lead singer in favour of her beautiful sidekick. (2006, 12, 130min) ★★★★
12.15 AM **The Holiday** Romantic comedy starring Cameron Diaz. (2006, 12, 135min) ★★★
2.35 **Fifty Shades Darker** Erotic drama sequel starring Dakota Johnson. (2017, 18, 118min) ★
4.35 **to 6.55** AM **Rent** Musical. (2005, 12, 135min) ★★

Sky Cinema Science Fiction

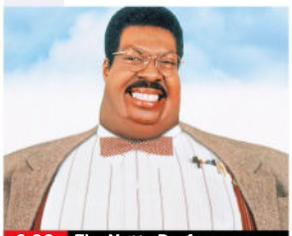
311 311 411 511 525

7.15 AM **Restore Point** As 1.50am.
9.15 **Kill** As shown at 3.55am.
10.55 **Escape from the 21st Century** Chinese fantasy. Subtitled. (2024, 15, 94min) ★★★
12.40 PM **Kong: Skull Island** Fantasy. (2017, 12, 118min) ★★★★
2.45 **If You Were the Last** Comedy. (2023, 15, 92min) ★★★★
4.25 **Jules** Comedy drama with Ben Kingsley. (2023, 12, 87min) ★★★
6.00 **Godzilla x Kong: The New Empire** Fantasy adventure sequel starring Rebecca Hall. (2023, 12, 115min) ★★★
8.00 **A.I. Artificial Intelligence** Steven Spielberg's sci-fi fantasy starring Haley Joel Osment. (2001, 12, 145min) ★★★★
10.30 **Event Horizon** Horror thriller starring Laurence Fishburne. The crew of a recovery vessel encounter an evil presence on board a deserted spacecraft. (1997, 18, 96min) ★★★
12.10 AM **Resident Evil: Retribution** Sci-fi action thriller sequel. (2012, 15, 92min) ★★★
1.50 **Restore Point** Sci-fi thriller. (2023, 15, 115min) ★★★★
3.55 **Kill** Thriller. (2023, 15) ★★★
5.40 **to 6.40** AM **Sky Cinema Preview**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family
306 306 406 506 519

6.35 AM **Big Fat Liar** As 11.25pm.
8.15 **Ghostbusters: Frozen Empire** Adventure. (2023, 12) ★★★
10.25 **Look Who's Talking Too** Comedy sequel. (1990, 12) ★
12.00 NOON **The Huntsman: Winter's War** (2016, 12) ★★★
2.00 PM **Teenage Mutant Ninja Turtles: Out of the Shadows** Adventure. (2016, 12) ★★★
4.05 **Teenage Mutant Ninja Turtles** Fantasy. (2014, 12) ★★
6.00 **The Nutty Professor** (1996)


6.00 The Nutty Professor

7.45 **Nutty Professor II: The Klumps** Comedy sequel starring Eddie Murphy. An overweight college professor decides to rid himself of his alter ego (2000, 12, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 **Look Who's Talking Now** Comedy sequel starring John Travolta and Kirstie Alley, featuring the voices of Danny DeVito and Diane Keaton as a pair of mismatched dogs. (1993, 12, 95min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **Big Fat Liar** Teen comedy starring Frankie Muniz, Paul Giamatti and Amanda Bynes. (2002, PG, 88min) ★★★
1.00 AM **Pups United** Adventure with Matthew James Roberts. (2015, U, 89min) ★★★
2.35 **The Wiz** Musical with Diana Ross and Michael Jackson. (1978, U, 133min) ★★
4.55 **to 6.55** AM **Teenage Mutant Ninja Turtles: Out of the Shadows** As 2.00pm.

Sky Cinema Action
307 307 407 507 521

7.15 AM **Twilight of the Warriors: Walled In** As 11.35pm.
9.25 **American Night** As 1.45am.
11.35 **Snakes on a Plane** Thriller. (2006, 15, 105min) ★★★
1.30 PM **Twisters** Disaster sequel. (2024, 12, 122min) ★★★★
3.40 **Mad Max: Fury Road** Sci-fi thriller starring Tom Hardy. (2015, 15, 120min) ★★★★★
5.45 **Jack Reacher** Thriller starring Tom Cruise and Rosamund Pike. (2012, 15, 130min) ★★★

10.00 Crank

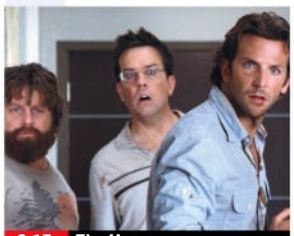
8.00 **Jack Reacher: Never Go Back** Crime action thriller sequel starring Tom Cruise and Cobie Smulders. The vigilante tries to save an army major who has been framed for murder by a sinister conspiracy. (2016, 12, 118min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Crank** Thriller starring Jason Statham. A hitman learns that he has been poisoned by a chemical that will kill him unless he keeps his adrenaline levels at their maximum. (2006, 18, 88min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Twilight of the Warriors: Walled In** Crime thriller. (2024, 15, 126min) ★★★
1.45 AM **American Night** Drama. (2021, 15, 123min) ★★★
3.55 **Seeking Justice** Thriller. (2011, 15, 104min) ★★
5.45 **to 8.00** AM **Hellboy** Fantasy. (2004, 12, 122min) ★★★★

Sky Cinema Comedy
308 308 408 508 522

6.20 AM **HouseSitter** Comedy. (1992, PG, 102min) ★★★
8.10 **Scott Pilgrim vs. the World** Comedy. (2010, 12) ★★★★
10.10 **The Holdovers** Comedy. (2023, 15, 133min) ★★★★★
12.25 PM **Nutty Professor II: The Klumps** Comedy sequel. (2000, 12, 105min) ★★★
2.15 **Ted** Comedy. (2012, 15) ★★★★
4.10 **Ted 2** Comedy. (2015, 15) ★★★
6.15 **The Hangover** Dark comedy. (2009, 15, 99min) ★★★★


6.15 The Hangover

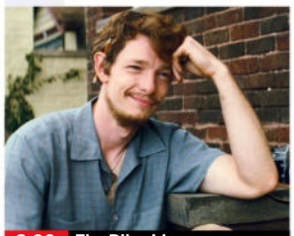
8.00 **The Hangover Part II** Dark comedy sequel starring Bradley Cooper. A drug-fuelled bachelor party leaves three friends looking for the bride's vanished brother despite severe memory loss. (2011, 15, 101 min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **The Hangover Part III** Comedy sequel starring Bradley Cooper and Ed Helms. The friends go in search of a Chinese criminal after they are captured by his rival. (2013, 15, 100min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Love Actually** Comedy. (2003, 15, 135min) ★★★
1.50 AM **Kangaroo Jack** Comedy. (2003, PG, 89min) ★
3.25 **Parenthood** Comedy drama. (1989, 15, 124min) ★★★★
5.20 **The Cinema List: SNL**
5.50 **to 7.30** AM **Nacho Libre** Comedy starring Jack Black. (2006, 12, 92min) ★★★★

Sky Cinema Thriller
309 309 409 509 523

6.00 AM **Some Other Woman**
7.40 **Dangerous Waters** Thriller. (2023, 15, 101 min) ★★★
9.30 **Amongst the Wolves** Thriller. (2024, 15, 102min) ★★★
11.25 **The Equalizer** Action thriller. (2014, 15, 132min) ★★★
1.45 PM **Clear and Present Danger** (1994, 12) ★★★
4.10 **Dirty Harry** Crime thriller. (1971, 15, 103min) ★★★★★
5.55 **Inferno** Thriller starring Tom Hanks. (2016, 12, 121min) ★★★


8.00 The Bikeriders

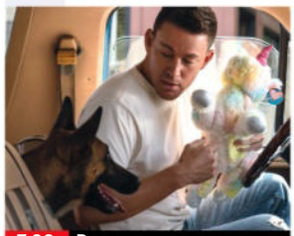
8.00 **The Bikeriders** Crime drama starring Tom Hardy, Jodie Comer and Austin Butler. Over a decade, a motorcycle club evolves from a gathering of outsiders to a sinister gang. With Mike Faist. (2023, 5, 116min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Serpico** Fact-based crime drama starring Al Pacino as an idealistic New York cop who blows the whistle on his corrupt police colleagues. With John Randolph. (1973, 18, 130min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Law Abiding Citizen** Thriller starring Jamie Foxx. (2009, 18, 109min) ★★
2.25 **Escape from Alcatraz** Fact-based prison drama. (1979, 15, 112min) ★★★★
4.25 **to 6.00** AM **Some Other Woman** Psychological thriller. (2023, 15, 85min) ★★★

Film4
313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Muppets from Space** Comedy. (1999, U) ★★★
12.45 PM **The Seeker: The Dark is Rising** Fantasy adventure. (2007, 12, 98min) ★★
2.40 **Spider-Man: Into the Spider-Verse** Animated adventure. (2018, PG, 117min) ★★★★★
4.55 **Tooth Fairy** Fantasy comedy. (2010, PG, 101min) ★★★
7.00 **Dog** Comedy drama. (2022, 12, 101min) ★★★


7.00 Dog

Dog (film started at 7.00pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Commando** Action thriller starring Arnold Schwarzenegger as a retired commando who returns to combat when his daughter is kidnapped by a former comrade. With Rae Dawn Chong. (1985, 18, 90min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

10.50 **American Woman** Drama starring Sienna Miller, Christina Hendricks and Sky Ferreira. (2018, 15, 111 min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11 PM

1.05 **to 3.05** AM **You Are Not My Mother** Psychological horror starring Hazel Doupe, Carolyn Bracken and Jade Jordan. (2021, 15, 93min) ★★★★

+1 hour 314 430 47 301 257

Sky Cinema Halloween
302 302 402 502 516

6.15 AM **The Watched** Horror. (2024, 15, 102min) ★★★
8.05 **Dark Skies** Paranormal thriller. (2013, 15, 97min) ★★★
9.50 **Zombieland** Horror comedy. (2009, 15, 84min) ★★★★
11.30 **Annabelle** Horror spin-off. (2014, 15, 97min) ★★
1.20 PM **Annabelle: Creation** Horror starring Anthony LaPaglia. (2017, 15, 109min) ★★★
3.20 **The Ritual** Horror starring Rafe Spall. (2017, 15, 94min) ★★★
5.05 **Speak No Evil** Horror thriller. (2024, 15, 110min) ★★★★
7.00 **The Ring** Chiller starring Naomi Watts. (2002, 15, 115min) ★★★
9.00 **The Ring Two** Horror chiller sequel starring Naomi Watts as a journalist who believes she and her son have escaped the curse of a deadly videotape. (2004, 15, 110min) ★★★
11.00 **Haunting of the Queen Mary** Horror. (2023, 18, 125min) ★★
1.15 AM **Hollow Man** Sci-fi thriller with Elisabeth Shue and Kevin Bacon. (2000, 18, 113min) ★★★
3.10 **Ouija** Horror starring Olivia Cooke. (2014, 15, 87min) ★★
4.55 **to 6.45** AM **Ouija: Origin of Evil** Supernatural horror prequel. (2016, 15, 99min) ★★★

Sky Cinema Men in Black
304 304 404 504 518

6.30 AM **Men in Black II** As 9.40pm.
8.00 **Men in Black 3** As 6.10pm.
9.50 **Men in Black** As 8.00pm.
11.30 **Men in Black II** As 9.40pm.
1.00 PM **Men in Black 3** As 6.10pm.
2.50 **Men in Black** As 8.00pm.
4.30 **Men in Black II** As 9.40pm.
6.10 **Men in Black 3** Sci-fi action comedy sequel starring Will Smith and Tommy Lee Jones. (2012, PG, 105min) ★★★★
8.00 **Men in Black** Sci-fi action comedy starring Tommy Lee Jones, Will Smith and Linda Fiorentino. A streetwise New York cop joins a secret government agency that polices alien activity on Earth. (1997, PG, 94min) ★★★★
9.40 **Men in Black II** Sci-fi action comedy sequel starring Tommy Lee Jones and Will Smith. When an evil alien threatens Earth, top MIB agent Jay needs the help of his amnesiac former partner Kay to save the planet. With Rip Torn, Rosario Dawson and Lara Flynn Boyle. (2002, PG, 88min) ★★★
11.10 **Men in Black 3** As 6.10pm.
1.00 AM **Men in Black** As 8.00pm.
2.40 **Men in Black II** As 9.40pm.
4.10 **to 6.00** AM **Men in Black 3**

Sky Cinema Animation
305 305 412 500 514

6.10 AM **Tom and Jerry Cowboy Up!** Animated adventure. (2021, U, 71 min) ★★★
7.35 **Madagascar** Animated comedy. (2005, U, 86min) ★★★★
9.10 **Hotel Transylvania** Animation. (2012, U, 91 min) ★★★★
10.50 **Despicable Me 4** Animated sequel. (2024, U, 94min) ★★★
12.35 PM **The Boss Baby** Animated comedy. (2017, U, 97min) ★★★
2.20 **Madagascar: Escape 2 Africa** Animation. (2008, PG) ★★★
4.00 **Smallfoot** Animated adventure. (2018, U, 96min) ★★★
5.45 **Hotel Transylvania 2** Animated sequel. (2015, U, 89min) ★★★
7.25 **Over the Hedge** Animation. (2006, U, 83min) ★★★★
8.55 **Turbo** Animated adventure. (2013, U, 92min) ★★★★
10.40 **Rugrats in Paris** Animation. (2000, U, 79min) ★★★
12.05 AM **Barnyard** Animated comedy. (2006, PG, 90min) ★
1.40 **The Road to El Dorado** Animated comedy adventure. (2000, U, 89min) ★★★
3.15 **The Wild Thornberrys Movie** Animated family adventure. (2002, U, 85min) ★★★★
4.45 **to 6.20** AM **The Swan Princess** Animation. (1994, U) ★★★

Christmas 24
312 313 419

7.00 AM **Christmas Under the Lights** Festive romantic drama. (2024, PG, 90min) ★★
9.00 **Ghosts of Christmas Always** Fantasy. (2022, PG, 90min) ★★
11.00 **The Christmas Toy Maker** Drama. (2021, PG, 84min) ★★
1.00 PM **Debbie Macomber's Joyful Mrs Miracle** Fantasy with Rachel Boston and Pascal Lamothe-Kipnes. (2024, PG, 84min) ★★
3.00 PREMIERE **The Spirit of Christmas Station** Romantic drama. (2025, PG, 90min) ★★
5.00 **Deck the Halls on Cherry Lane** Festive drama anthology sequel. (2024, PG, 90min) ★★
7.00 **Trivia at St Nick's** Festive comedy. (2024, PG, 84min) ★★
9.00 **Christmas Stars** Comedy starring Erica Durance. A singer and a songwriter find their relationship under pressure from the demands of the record industry. (2019, PG, 88min) ★★
11.00 **The Gift of Peace** Drama. (2022, PG, 84min) ★★
1.00 AM **Jolly Good Christmas** Comedy. (2022, PG, 90min) ★★
3.00 **to 5.00** AM **Joy For Christmas** Comedy. (2021, PG, 86min) ★★

Movies 24+ 315 314 420

Talking Pictures
328 445 82 306 36

6.00 AM **Glencannon** (S1)
6.30 **Song of the Range** (1944) ★★
7.35 **Look at Life** Documentary.
7.45 **The Case of Charles Peace** Biopic. (1948, b/w, 12) ★★
9.30 **Lionheart: Trader Faulkner**
9.50 **Kansas Pacific** (1952, PG) ★★
11.20 **The Beverly Hillbillies** (S1)
11.55 **The Flemish Farm** War drama. (1943, b/w, PG, 82min) ★★
1.35 PM **Worzel Gummidge** (S3)
2.10 **Batman** 37/60. (S2)
2.40 **Shipwrecked** Adventure. (1991, U, 93min) ★★
4.30 **The Vise** 14/39. (S1)
5.00 **The Footage Detectives**
6.00 **Tomorrow at Ten** Thriller. (1964, b/w, PG, 78min) ★★
7.40 **Lionheart: Sheila Whittingham**
8.00 **Memories of Making Sergeant Cork** With William Gaunt.
8.05 **Sergeant Cork** 6/13. (S1)
9.10 **At the Wheeltappers**
9.45 **Adventures of a Taxi Driver** Comedy. (1976, 18, 86min) ★
11.35 **Star Treatment Show**
12.05 AM **The Heritage Chart Show**
1.10 **The Frightened Man** Thriller. (1951, b/w, PG, 69min) ★★
2.30 **The Naked Kiss** Melodrama. (1964, 18, 93min) ★★★
4.20 **to 6.00** AM **Desert Sands** Adventure. (1957, U, 87min) ★★

Sunday

Sky Sports Main Event

401 401 511 501 419 439

5.50 AM LIVE **NRLW** Coverage of the Grand Final. Kick-off **5.55am**.
8.15 **Goals on Sunday**
9.00 **The Sunday Supplement**
11.00 **Super Sunday Matchday**
11.30 LIVE **EFL Ipswich Town v Norwich City.** Coverage of the Championship match at Portman Road. Kick-off is at **12.00noon**.
1.00 PM LIVE **Super Sunday Newcastle United v Nottingham Forest.** Coverage of the Premier League match staged at St James' Park. Kick-off **2.00pm**.
4.30 LIVE **Super Sunday Brentford v Manchester City.** Coverage of the Premier League match from Gtech Community Stadium. Kick-off **4.30pm**.
7.30 **Super Sunday: Extra Time**
8.30 LIVE **NFL** Coverage of a week five match. Kick-off **6.00pm**.
9.15 LIVE **NFL** A week five match.
12.30 AM **NBC's FNIA**
1.10 LIVE **NFL Buffalo Bills v New England Patriots.** The week five match. Kick-off **1.20am**.
4.45 **to 5.30** AM LIVE **WTA Tennis** Coverage of the opening day of the Wuhan Open in China.

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **The Big Interview**
6.30 **Premier League Stories**
7.00 **FNF** Bournemouth v Fulham.
7.30 **Premier League Highlights**
8.30 **SNF** Chelsea v Liverpool.
9.00 **The Sunday Supplement**
11.00 **Super Sunday Matchday**
12.30 PM LIVE **Super Sunday Everton v Crystal Palace.** Coverage of the Premier League match from Hill Dickinson Stadium. Kick-off **2.00pm**.
4.00 LIVE **Super Sunday Brentford v Manchester City.** Coverage of the Premier League match from Gtech Community Stadium. Kick-off **4.30pm**.
7.30 **Super Sunday: Extra Time** Jamie Carragher provides instant reaction and analysis to the day's Premier League action.
8.30 **FNF** Bournemouth v Fulham.
9.00 **Premier League Fan Q&A: Fabian Hurzeler** Interview.
9.15 **Sticker Book** Keith Andrews.
9.30 **SNF** Chelsea v Liverpool.
10.00 **Premier League Highlights**
12.00 M'T **Premier League Highlights**
3.00 AM **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Highlights**
10.30 **WSL** Manchester City v Arsenal.
11.00 **EFL Rivalries**
11.30 LIVE **EFL Ipswich Town v Norwich City.** The East Anglia derby in the Championship at Portman Road. The teams last met in the 2023/24 season when they shared the spoils in a 2-2 draw here, before Norwich won 1-0 at Carrow Road. Kick-off **12.00noon**.
2.30 PM LIVE **SPFL Falkirk v Rangers.** The Scottish Premiership match at Falkirk Stadium. Rangers claimed a 4-0 win here when the sides last met in the League Cup in 2020, but the Gers' indifferent start to the campaign will give the hosts hope this time around. Kick-off **3.00pm**.
6.00 LIVE **NFL** A week five match.
9.00 LIVE **NFL** The second week five match of the evening.
12.30 AM **WSL** London City v Liverpool.
1.00 **SPFL Highlights** Falkirk v Rangers.
1.15 **EFL Highlights** Ipswich v Norwich.
1.30 **EFL League One Goals**
2.00 **EFL League Two Goals**
2.30 **EFL Highlights**
3.00 **EFL** Ipswich Town v Norwich City.
5.00 **to 6.00** AM **SPFL**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **ICC Women's World Cup** Sri Lanka v Australia in Colombo. **7.00** Bangladesh v Pakistan. **8.00** England v South Africa. **9.00** Sri Lanka v Australia.
10.00 LIVE **ICC Women's World Cup India v Pakistan.** Coverage of the group match from R. Premadasa Stadium, Colombo as the two rivals go head to head. India last made the final of this tournament in 2017 when they were eventually beaten by England in a memorable final at Lord's. Pakistan's best effort at a World Cup was finishing fifth at the 2009 edition, and finished bottom of the group table at the 2022 event.
5.45 PM **ICC Women's World Cup 2017** Archive action.
6.30 **ICC Women's World Cup**
9.30 **ICC Women's World Cup 2017** Action from the group match between England and Australia at the County Ground in Bristol.
10.00 **ICC Women's World Cup** Sri Lanka v Australia in Colombo. **11.00** India v Pakistan.
12.00 M'T **to 6.00** AM **ICC Women's World Cup**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **Ryder Cup**
7.00 **Golf Academy**
8.00 **PGA Tour Golf**
11.00 **Roots** Profiles of leading players.
11.30 LIVE **DP World Tour Golf** Day four of the Alfred Dunhill Links Championship taking place at the Old Course, St. Andrews.
5.00 PM **Nick Dougherty's Tee Time Tips** Expert advice.
5.30 **LPGA Tour Golf** The LOTTE Championship from Hawaii.
7.30 **Roots** Profiles of leading players.
8.30 LIVE **PGA Tour Golf** Coverage of day four of the Sanderson Farms Championship at the Country Club of Jackson in Mississippi.
11.30 **HotelPlanner Tour Golf Highlights** Italian Challenge Open.
12.00 M'T **DP World Tour Golf**
2.00 AM **The Open – Official Films**
4.00 **PGA Tour Golf** Highlights.
5.00 **to 6.00** AM **Chronicles of a Champion Golfer**

Sky Sports Tennis

408 408 537 520 425 445

5.30 AM LIVE **ATP Tennis** Day five of the ATP Shanghai Masters.
12.00 NOON LIVE **WTA Tennis** Coverage of the Beijing Open final.
2.00 PM LIVE **ATP Tennis** Day five of the ATP Shanghai Masters.
3.30 **WTA & ATP Tennis** Highlights.
2.00 AM **ATP Sizzle Reel 2024**
2.15 **WTA & ATP Tennis** Highlights.
2.45 **Martina Navratilova: Unstoppable** Interview.
3.00 **ATP Tennis** Tokyo Open final.
4.00 **to 5.30** AM LIVE **WTA Tennis** Coverage of the opening day of the Wuhan Open held at Optics Valley International Tennis Center.

TNT Sports 1

410 413 521 408 430

7.00 AM **BMX Freestyle**
8.00 LIVE **Cycling: Tour of Langkawi** The eighth stage from Tangkak to Kuala Lumpur.
10.45 **Playing for Our Future**
11.00 **Men's Cycling Pro Series**
12.00 NOON LIVE **Cycling: CRO Race** The sixth stage.
2.00 PM **TNT Sports Reload**
2.30 LIVE **The Gallagher PREM Gloucester v Northampton Saints.** Coverage from Kingsholm Stadium. Kick-off **3.00pm**.
5.30 **UEFA Champions League**
6.00 **Test Cricket Highlights**
7.00 **UEFA Europa League**
7.15 **UEFA Conference League**
7.30 LIVE **Serie A Juventus v AC Milan.** Coverage from Allianz Stadium. Kick-off **7.45pm**.
9.45 LIVE **NWSL NJ/NY Gotham FC v Seattle Reign.**
11.15 **Training Day** Greenfell Athletic.
11.30 **Test Cricket Highlights**
12.30 M'T **MLB: Off the Bat**
1.00 AM LIVE **MLB** MLB Postseason.
4.15 **MLB Plays of the Week**
4.45 **TNT Sports Reload**
5.00 **to 6.00** AM **Mountain Bike World Series**

TNT Sports 2

411 414 522 409 431

6.00 AM LIVE **MotoGP** Coverage of the Grand Prix of Indonesia Moto2 race at Pertamina Mandalika Circuit. Start-time **6.15am**.
7.15 LIVE **MotoGP** Coverage of the Grand Prix of Indonesia MotoGP race at Pertamina Mandalika Circuit. Start-time **8.00am**.
9.15 **MotoGP Chequered Flag**
10.30 LIVE **Cycling: European Championship** Coverage of the men's elite road race, which takes place in France.
4.30 PM **TNT Sports Reload**
5.00 **Mountain Bike World Series**
6.00 LIVE **UCI Mountain Bike World Series** Coverage of the women's XCO Olympic elite race, which takes place at Lake Placid.
8.30 LIVE **UCI Mountain Bike World Series** Coverage of the men's XCO Olympic elite race, which takes place at Lake Placid.
10.15 **SailGP Highlights**
11.45 **TNT Sports Reload**
12.00 M'T **UFC Connected**
12.30 AM **UFC** Ankalaev v Pereira.
3.30 **UFC Connected**
4.00 **Men's Cycling Pro Series**
5.00 **to 6.00** AM **Cycling European Championship**

Sky Sports NFL

412 410 517 507 426 446

6.00 AM **NFL Highlights**
9.00 **Kansas City Chiefs: The Franchise** Behind-the-scenes.
9.45 **NFL Bitesize Highlights**
10.00 **NFL Highlights**
12.00 NOON **NFL Bitesize Highlights**
12.15 PM **NFL Gameday**
1.00 **NFL Highlights** Rams v 49ers.
2.00 LIVE **NFL Cleveland Browns v Minnesota Vikings.** Coverage of the week five match from Tottenham Hotspur Stadium in London, as the first of three games in the UK takes place. This is the first time since 2017 that the Browns have played in the UK, and their opponents were also the Vikings in that game. Minnesota came out on top in that meeting as they thrashed Cleveland 33-16. Kick-off is at **2.30pm**.
5.30 LIVE **NFL** Coverage of a week five match. Kick-off **6.00pm**.
9.15 LIVE **NFL** A week five match.
12.30 AM **NBC's FNIA**
1.10 LIVE **NFL Buffalo Bills v New England Patriots.** Coverage of the week five match at Highmark Stadium. Kick-off is at **1.20am**.
4.45 **to 6.00** AM **NFL Bitesize Highlights**

Sky Sports Sky Sports+

404 404 518 508 427 447

5.30 AM LIVE **ATP Tennis** Coverage of day five of the ATP Shanghai.
11.00 LIVE **WSL London City Lionesses v Liverpool.** Coverage of the match staged at Hayes Lane. Kick-off **11.55am**.
1.55 PM LIVE **Premier League Aston Villa v Burnley.** Coverage of the match staged at Villa Park. The Villans claimed a 3-2 win when the teams last met here two seasons ago, but they have found wins and goals hard to come by in the early stages of the current campaign. Kick-off is at **2.00pm**.
4.30 **Sports Sunday**
5.00 LIVE **Women's Super League Wigan Warriors v St Helens.** Coverage of the Grand Final, staged at The Brick Community Stadium. Kick-off **5.30pm**.
7.30 **NRLW** The Grand Final.
8.30 **NRL** Highlights of the Grand FInal.
9.30 **Sky Sports Catch Up**
12.00 M'T **Women's Super League**
2.30 AM **EFL Greatest Games**
3.00 **Sky Sports Catch Up**
4.00 **to 5.30** AM LIVE **WTA Tennis** Coverage of the opening day of the Wuhan Open held at Optics Valley International Tennis Center.

Sky Sports Mix

416 412 510 429 449

5.50 AM LIVE **NRLW** Coverage of the Grand Final. Kick-off **5.55am**.
8.15 **Wheelchair Rugby**
8.30 LIVE **NRL** Coverage of the Grand Final. Kick-off **9.30am**.
12.15 PM **Wheelchair Rugby**
12.30 LIVE **Premier League Wolverhampton Wanderers v Brighton & Hove Albion.** Coverage of the match staged at Molineux. Kick-off **2.00pm**.
4.30 **Formula 1** Singapore Grand Prix.
5.30 **PL Greatest Games**
6.00 **NFL Redzone** News and action.
1.00 AM **Ladies European Tour Golf**
2.00 **PGA Tour Champions**
3.00 **Formula 1** Singapore Grand Prix.
4.00 **to 6.00** AM **ICC Women's World Cup**

TNT Sports 3

413 415 523 410 432

6.00 AM LIVE **Test Cricket India v West Indies.** The fourth day of the first Test in the two-match series at Narendra Modi Stadium.
1.00 PM **TNT Sports Cricket Reload**
1.30 **Playing for Our Future**
1.45 LIVE **Serie A Fiorentina v AS Roma.** Coverage from Stadio Artemio Franchi. Kick-off **2.00pm**.
4.00 **MLB Highlights**
5.00 **MotoGP** Grand Prix of Indonesia.
6.00 **MotoGP Chequered Flag**
7.00 **WNBA** The WNBA finals.
8.00 LIVE **WNBA** Coverage of game two of the WNBA finals.
10.30 **British Superbikes**
11.30 **The Gallagher PREM**
12.30 AM **Men's Cycling Pro Series**
2.30 **Cycling European Championship**
3.30 **Mountain Bike World Series**
4.30 **TNT Sports Reload**
4.45 **to 6.00** AM LIVE **Test Cricket India v West Indies.** The fifth and final day of the first Test.

TNT Sports 4

414 416 524 411 434

7.00 AM LIVE **AFLW West Coast Eagles v Collingwood Magpies.** At Mineral Resources Park. Bounce-up is at **7.05am**.
9.00 LIVE **European Rally Championship** Rally Croatia.
10.00 **The Gallagher PREM**
12.00 NOON LIVE **European Rally Championship** Rally Croatia.
1.00 PM LIVE **British Superbikes** From Oulton Park in Cheshire.
6.00 LIVE **NWSL Washington Spirit v San Diego Wave FC.** From Audi Field. Kick-off **6.00pm**.
8.15 **TNT Sports Reload**
8.30 **MLB: Off the Bat**
9.00 LIVE **MLB** Coverage of a match from MLB Postseason.
12.15 AM **MLB Plays of the Week**
12.45 **Serie A** Highlights from Italy.
2.45 **The Gallagher PREM** Highlights.
3.45 **Test Cricket Highlights**
4.45 **Training Day** Greenfell Athletic.
5.00 **to 6.00** AM **British Superbikes**

Premier Sports 1

419 551

6.00 AM **Transworld Sport** Magazine.
7.00 **FIA World Endurance Championship** From Fiji.
8.00 **Top 14 Rugby Union**
10.00 **Eredivisie** PEC Zwolle v PSV.
12.00 NOON **Sporting Greats**
1.00 PM **United Rugby Championship**
2.55 LIVE **United Rugby Championship Zebre v Lions.** Coverage from Stadio Sergio Lanfranchi. Kick-off **3.00pm**.
5.00 **Sporting Greats**
5.30 **NHL Tonight** Recent action.
6.30 **NASCAR Highlights**
7.30 LIVE **NASCAR** Coverage of the Bank of America ROVAL 400, which takes place at Charlotte Motor Speedway Road Course in Concord, North Carolina.
12.00 M'T **Motorsport** Highlights.
12.30 AM **Bike World** Magazine.
1.00 **Eredivisie** Feyenoord v Utrecht.
3.00 **United Rugby Championship**
5.00 **to 6.00** AM **Sporting Countdowns**

Premier Sports 2

420 552

6.00 AM **NASCAR Xfinity Series**
9.00 **Top 14 Rugby Union**
11.00 **LaLiga** Athletic Bilbao v Mallorca.
12.55 PM LIVE **LaLiga Alavés v Elche.** Coverage from Mendizorrotza. Kick-off **1.00pm**.
3.00 **LaLiga Match Highlights**
3.10 LIVE **LaLiga Sevilla v Barcelona.** From Estadio Ramon Sanchez Pizjuan. Kick-off **3.15pm**.
5.15 **LaLiga Match Highlights**
5.25 LIVE **LaLiga Espanyol v Real Betis.** Coverage from RCDE Stadium. Kick-off **5.30pm**.
7.30 **LaLiga Match Highlights**
7.55 LIVE **LaLiga Celta Vigo v Atlético Madrid.** From Estadio Abanca-Balaídos. Kick-off **8.00pm**.
10.00 **Football's Greatest**
11.00 **Brasileiro Serie A**
1.00 AM **Temples of Sport**
1.30 **Top 14 Rugby Union**
3.30 **LaLiga** Espanyol v Real Betis.
5.30 **to 6.00** AM **Temples of Sport**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **Formula 1** Highlights.
8.00 **F1 Features**
8.20 LIVE **F1 Academy** Race two from Singapore. Start-time **8.25am**.
9.10 **F1 Features**
11.00 **Ted's Notebook**
11.30 **Formula 1** Singapore Grand Prix.
12.55 PM LIVE **Formula 1** Coverage of the Singapore Grand Prix staged at Marina Bay Circuit.
3.00 **Formula 1** Singapore Grand Prix.
4.00 **Ted's Notebook**
4.30 **Formula 1** Singapore Grand Prix.
5.30 **British GT Championship**
8.05 **F1 Features**
8.30 **Formula 1** Singapore Grand Prix.
9.30 **Ted's Notebook**
10.00 **F1 Academy Highlights**
10.50 **F1 Feature**
11.00 **Formula 1** Singapore Grand Prix.
12.00 M'T **Ted's Notebook**
12.30 AM **F1 Features**
1.00 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Monday

6 October

Evening Planner

Monday

Factual

Trace, Track, Get My Car Back

BBC1, 2pm (box set, BBC iPlayer)

Following investigators as they track down stolen vehicles for their owners.

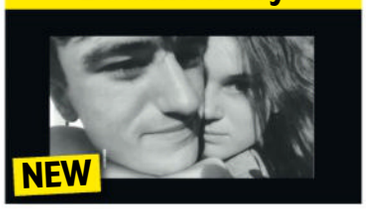
Factual

Joe Wicks: Licensed to Kill

C4, 8pm

Joe and Dr Chris Van Tulleken show us how unhealthy processed foods are, as they campaign for a change in food laws.

Documentary



Social Media Monsters

C4, 10pm (box set, C4 Streaming)

How social media is sometimes used to commit crimes, starting with a killer who used it to track his victim's movements.

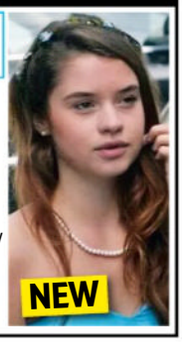
OnDemand

prime

Killer in the Family

Available today

The investigation into the murder of 16-year-old Becky Watts, whose killer turned out to be very close to her.



SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Kellie Bright – Autism, School and...		9.00 Blue Lights		10.00 News; Local News	10.40 Trying
	102 BBC2	7.00 Global Eye	7.30 Mastermind	8.00 Only Connect	8.30 University...	9.00 Secrets of the Brain		10.00 Cunk on Earth	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Emmerdale	8.00 Coronation Street		9.00 Frauds		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Joe Wicks: Licensed to Kill		9.00 24 Hours in Police Custody		10.00 Social Media Monsters	
	105 5	7.00 Motorway Cops: Catching Britain's...		8.00 Police Interceptors		9.00 Traffic Cops		10.00 Police: Night Shift 999	
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 Predators		9.00 Film: Terminator Salvation			
ENTERTAINMENT	115 BBC3	7.00 Horrible Histories		8.00 Top Gear		9.00 Stranded on Honeymoon Island: Australia			
	116 BBC4	7.00 Fred Dibnah's...	7.30 Railways: The...	8.00 Amsterdam: An Art Lovers' Guide		9.00 Call My Bluff	9.30 Face the Music	10.00 Arena: Billie Holliday – The Long...	
	118 ITV2	7.00 Deal or No Deal		8.00 The 1% Club		9.00 Big Brother		10.00 Big Brother: Late & Live	
	136 MORE4	‹ 6.55 The Dog House Australia		7.55 The Dog House		9.00 Ancient Autopsy		10.00 Ancient Egypt by Train with Alice...	
	135 E4	7.00 Hollyoaks	7.30 Hollyoaks At 30	8.00 First Dates		9.00 Married at First Sight UK			10.20 Made in Chelsea
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Blue Bloods			
	108 SKY ATLANTIC	‹ 6.50 Game of Thrones				9.00 Task		10.10 Mare of Easttown	
	110 U&GOLD	7.00 Dad's Army	7.40 dinnerladies			9.00 The Royle Family			10.20 Not Going Out
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 Have I Got a Bit More News for You		10.00 Will & Ralf Should Know Better	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Agatha Christie's Poirot					
	120 ITV4	7.00 The Motorbike Show		8.00 The Chase Celebrity Special		9.00 Film: The Expendables 3			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Iain Stirling's Roast the Internet		10.00 Bradley & Barney Walsh: Breaking Dad	
	139 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate Atlantis		9.00 Grimm		10.00 The Walking Dead: The Ones Who Live	
	113 SKY MAX	7.00 Stargate Universe		8.00 Romesh: Can't Knock the Hustle		9.00 The Paper		10.10 Strike Back: Silent War	
	109 U&ALIBI	7.00 Body of Proof		8.00 Death in Paradise					10.20 Shakespeare &...
	124 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 André Rieu: Fiesta Mexicana			9.50 Les Misérables – The Staged Concert		
	132 U&W	7.00 MasterChef Australia		8.00 Inside the Ambulance		9.00 The Supervet			
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers				9.00 Mystery at Blind Frog Ranch		10.00 Salvage Dawgs	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Expedition Bigfoot		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation				9.00 Drain Alcatraz		10.00 Ice Road Rescue	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 American Pickers		9.00 Kevin Costner's The West		10.00 Secrets in the Dark	
	155 U&YESTERDAY	7.00 Cornwall with Simon Reeve		8.00 Indian Ocean with Simon Reeve		9.00 The Lakes with Simon Reeve		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 The Civil War		8.00 The Essex Murders: Who Killed...		9.00 The Cheshire Murders			
FILMS – Sky Cinema	301 PREMIERE	‹ 6.00 Novocaine		8.00 Bridget Jones: Mad About the Boy				10.10 Nosferatu	
	302 HALLOWEEN	7.10 The Front Room				9.00 Gothika			
	303 HITS	‹ 6.10 Horrible Bosses		8.00 Pitch Perfect				10.00 Pitch Perfect 2	
	304 GREATS	‹ 5.45 Parenthood		8.00 The Blues Brothers					10.25 See No Evil, Hear...
	305 ANIMATION	‹ 5.35 Hotel...	7.25 Captain Underpants			9.10 The Wild Thornberrys Movie			
	306 FAMILY	‹ 6.00 Zathura – A Space Adventure		7.55 The Huntsman: Winter's War				10.00 The Wiz	
	307 ACTION	‹ 6.10 Rampage		8.00 Troy					
	308 COMEDY	‹ 6.15 Bad Teacher		8.00 The Nutty Professor			9.40 Nutty Professor II: The Klumps		
	309 THRILLER	‹ 5.50 In the Line of Fire		8.00 The Perfect Storm				10.15 Eye in the Sky	
	310 DRAMA	‹ 5.55 Lee		8.00 Valentine's Day				10.05 Love Actually	
	311 SCIENCE FICTION	‹ 6.05 10 Cloverfield Lane		8.00 Mad Max: Fury Road				10.05 28 Days Later...	
	313 FILM4	‹ 6.50 Flight of the Phoenix				9.00 Top Gun: Maverick			
SPORT	401 MAIN EVENT	‹ 6.00 World Grand Prix Darts – Live: Coverage of day one							
	402 PREMIER LEAGUE	7.00 PL Review		8.00 Ref Watch	8.30 Match Officials...	9.00 PL Review		10.00 PL Icons	10.30 Iwobi & Bassey
	403 FOOTBALL	‹ 6.30 Bundesliga...	7.30 EFL – Live: Harrogate Town v Crewe Alexandra (Kick-off 8.00)						10.30 Bundesliga...
	405 CRICKET	‹ 6.30 ICC Women's World Cup					9.30 ICC Women's...	10.00 ICC Women's World Cup	
	410 TNT SPORTS 1	‹ 6.30 Speedway	7.30 British Speedway – Live: Leicester Lions v Ipswich Witches					10.00 Fight Week	10.30 UFC
	411 TNT SPORTS 2	‹ 6.30 Test Cricket...	7.30 MLB Highlights		8.30 MLB Lead Off...	9.00 MLB – Live: Action from MLB Postseason			

‹ Denotes programmes starting before 7.00pm † Regions vary

MONDAY

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Monday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 NEW SERIES **Crimewatch Live** (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 NEW SERIES **Trace, Track, Get My Car Back** 1/16. Hi-tech methods to hunt down stolen vehicles. (S)
■ Entire series on BBC iPlayer
2.30 **Amanda & Alan's Italian Job** (R)
3.00 **Escape to the Country** (S)(R)
3.45 NEW SERIES **The Repair Shop** A ceramic Buddha statue. (S)(AD)
4.30 NEW SERIES **The Inner Circle** (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)
6.55 **Party Political Broadcast** (S)(R)

9.00 Blue Lights

7.00 **The One Show** Alex Jones and Roman Kemp present the topical show. (S)
7.30 **EastEnders** The Mitchells join forces to support Callum, Suki extends an olive branch and Harry's happiness is short-lived. (S)(AD)

8.00 **Panorama: Kellie Bright – Autism, School and Families on the Edge** *EastEnders* actor Kellie Bright meets parents who are fighting to get the right education for their autistic children. (S)

9.00 **Blue Lights** New episode 2/6. A car crash has traumatic consequences for Aisling, and the fallout creates a deadly situation for the section, while Grace tries to help Lindsay. (S3) (S)(AD)
■ Entire series on BBC iPlayer

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Trying** New episode 7/8. Nikki decides to get both families on board and hosts a party for both her and Jason's parents. (S1) (S)
11.05 **Trying** Series finale 8/8. Nikki is annoyed that Freddy is making himself at home since being thrown out by Erica. (S1) (S)(AD)
■ Entire series on BBC iPlayer
11.35 **Have I Got News for You** 1/10. Victoria Coren Mitchell fronts the satirical current affairs quiz. (S)(R)
12.05 AM **The Celebrity Inner Circle** Hosted by Amanda Holden. (S)(R)
12.50 **Weather for the Week Ahead** Seven-day forecast. (S)
12.55 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.45 AM **Sign Zone: Antiques Roadshow** (S)(R)
7.45 **Match of the Day** (S)(R)
9.00 **BBC News** (S)
12.15 PM **Politics Live Conference** (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **Bridge of Lies** Game show. (S)(R)
2.30 **Unbeatable** Quiz show. (S)(R)
3.15 **Great British Menu** (S)(R)
4.15 **Mountain Gorilla** Following the fortunes of the most vulnerable members of the species. (S)(R)
5.15 **Flog It!** From Norfolk. (S)(R)
6.00 **Richard Osman's House of Games** New edition With Yinka Bokinni, Ellie Leach, Vicki Michelle and Peter Serafinowicz. (S)
6.30 **Strictly: It Takes Two** New edition Janette Manrara chats to the first couple to be eliminated from the competition. (S)

8.00 Only Connect

7.00 **Global Eye** Investigations from global BBC correspondents. (S)
7.30 **Mastermind** New edition The specialist subjects include the Jurassic Coast and the band Queen. (S)

8.00 **Only Connect** New edition The Jive Bunnies take on the Keyboard Worriers in a first-round match. (S)
8.30 **University Challenge** New edition Imperial College London take on Churchill College, Cambridge. (S)

9.00 **Secrets of the Brain** Series finale 2/2. Jim Al-Khalili teams up with his wife to investigate how relationships made people more intelligent, and explores how the human brain differs from AI. (S)(AD)

10.00 **Cunk on Earth** *Faith/Off:* 2/5. Philomena takes an unproblematic look at the births of Christianity and Islam. (S1) (S)(R)(AD)
10.30 **Newsnight** (S)
11.00 FILM **If Beale Street Could Talk** Drama starring KiKi Layne and Stephan James. A couple's plans to start a family are derailed when the fiancé is arrested for a crime he did not commit. (S)(AD) (2018, 15, 115min) ★★★★
12.55 AM **Sign Zone: Countryfile** From Brynkinalt Estate. (S)(R)
1.50 **Sign Zone: Waterloo Road** 3&4/8. Double bill. (S16) (S)(R)
3.50 **Sign Zone: Global Eye** (S)(R)
4.20 **to 6.30** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** David Dickinson is joined by Henry Nicholls, Stewart Hofgartner, Tim Hogarth and Mark Stevens in Burton upon Trent to assess items brought in by the public. (S)(R)
3.00 **Tenable** Warwick Davis hosts as five colleagues from Wales take part in the quiz show. (S)(R)
4.00 **Tipping Point** Game show. (S)(R)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.25 **Party Political Broadcast** (S)
6.30 **ITV News** (S)

8.00 Coronation Street

7.30 **Emmerdale** Under pressure from Ross, Charity covertly chases up the results of her paternity test, while Vinny is taken aback when Gabby unexpectedly arrives with Charles in tow. (S)(AD)

8.00 **Coronation Street** Asha resorts to extreme measures to escape her mental struggles, Tim picks up a former girlfriend in his cab, and Todd berates Theo for doing a disappearing act. (S)(AD)

9.00 **Frauds** New episode 2/6. Bert reveals her masterplan, but Sam knows it will not be be straightforward, then a discovery threatens to derail the heist and destroy their friendship. (S1) (S)(AD)
■ Entire series on ITVX

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Peston** Political magazine hosted by Robert Peston, featuring interviews with MPs, topical guests and cultural figures. (S)
11.40 NEW **Fresh Cuts: In Convo** Ras Kwame hosts a series of conversations celebrating Black British life and culture, filmed in the stylised way of LeBron James's *The Shop* podcast. (S)
12.00 M'T **Shop on TV**
3.00 AM **Borderline** 1/6. Thriller with Amy De Bhrún. (S1) (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Tour de Fred: Northern Ireland** (S)(SL)(R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.30 AM **The King of Queens** (S)(R)(AD)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** (S6) (S)(R)(AD)
11.10 **Undercover Boss USA** (S)(R)
12.05 PM **News** (S)
12.10 **A New Life in the Sun** (S)(R)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **Help! We Bought a Village** New edition A former truck driver plans to join a community renovating a Bulgarian village. (S)
5.00 **Four in a Bed** New edition From Wonderland Retreats Luxury Glamping in Carnforth. (S)
5.30 **Come Dine with Me** (S)(R)
6.00 **Sun, Sea and Selling Houses** In Alicante, estate agent team Sophie and Damon visit old clients Keith and Linda. (S)(R)

10.00 Social Media Monsters

7.00 **News** (S)

8.00 NEW **Joe Wicks: Licensed to Kill** Dr Chris van Tulleken and Joe Wicks carry out a provocative stunt designed to convince the government to change food laws for good. (S)(AD)

9.00 **24 Hours in Police Custody** Series finale 2/2. Detectives from the Major Crime Unit have a suspect in custody, but they are shocked when what their investigation reveals is even more devastating than their worst fears. (S)(AD)

10.00 NEW SERIES **Social Media Monsters** The murder of teenager Holly Newton, whose social media accounts were hacked by her ex-boyfriend who used them to track her movements. (S)(AD)
■ Entire series on C4 Streaming
11.05 **Educating Yorkshire** (S)(R)(AD)
12.05 AM NEW SERIES **Walter Presents: Bardot** 1/6. (S1)
■ Entire series on C4 Streaming
1.05 **Taylor** (S)(SL)(R)(AD)
2.00 **Taskmaster** (S)(SL)(R)(AD)
2.55 **Mitchell and Webb Are Not Helping** (S)(SL)(R)(AD)
3.25 **The Great British Bake Off: An Extra Slice** (S)(SL)(R)(AD)
4.20 **Find It, Fix It, Flog It** (S)(R)
4.40 **Hollyoaks Omnibus** (S)(SL)(R)(AD)
5.50 **to 6.30** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.30 PM **Vanessa** (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 FILM PREMIERE **What Hides in Silence** Drama starring Aubrey Reynolds and John Castle. (S) (2025, PG, 105min) ★★
4.00 **The Cruise: Fun-Loving Brits at Sea** New edition Kerri and Julie try traditional Spanish flamenco dancing. (S)
5.00 **News** (S)
6.00 **Portugal with Michael Portillo** Michael explores highlights and hidden secrets of the country, including the cosmopolitan second city of Porto. (S)(R)
6.55 **News** (S)

4.00 The Cruise: Fun-Loving...

7.00 **Motorway Cops: Catching Britain's Speeders** Newcastle officers race to back up a patrol on the tail of a joyrider who is refusing to stop. (S)(R)(AD)
7.55 **News** (S)
8.00 **Police Interceptors** New edition Officers from two counties chase a runaway lorry, but just as it seems the chase will be aborted, the occupants bail out on a dual carriageway and flee into the woods. (S)
9.00 NEW SERIES **Traffic Cops** Derbyshire officers deal with young and dangerous motorists, pursuing a 23-year-old wanted driver who is racing through busy streets at more than 90 miles an hour. (S)
10.00 **Police: Night Shift 999** Documentary following Gloucestershire Constabulary on the night shift, with a busy Saturday for PC Hewer on patrol in Cheltenham town centre. (S)(R)
11.05 **999: Emergency Call Out** A devastating car crash leads to a manhunt for the driver. (S)(R)
12.05 AM **Fare Dodgers: At War with the Law** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Digging Up Britain's Past** (S)(R)
3.50 **Friends** (S3) (S)(R)(AD)
4.40 **The Highland Vet** (S)(SL)(R)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Universe** (S)(R)(AD)
11.00 **Ireland's Wild Islands with Eoin Warner** (S)(R)
12.00 NOON **The Simpsons** (S)(R)
1.00 PM **Hawaii Five-0** (S4) (S)(R)
3.00 **Magnum P.I.** (S5) (S)(R)(AD)
4.00 **NCIS: New Orleans** (S7) (S)(R)
5.00 **The Simpsons** *The Regina Monologues:* Homer crashes a rented car in London. (S)(R) **5.30** *Treehouse of Horror XIV:* Bart and Milhouse play tricks with a mysterious watch. (S)(R)
6.00 **The Office (US)** 10/19. Karen tries to lure Stanley from the Scranton branch. (S)(R) **6.30** 11/19. Michael treks into the woods on a survival adventure. (S4) (S)(R)

9.00 Terminator Salvation

7.00 **The Simpsons** *The Fat and the Furriest:* Homer is filmed fleeing from a wild bear and becomes a local laughing stock. (S)(R) **7.30** *Treehouse of Horror XX:* Classic movie monsters gatecrash a party. (S)(R)
8.00 **Predators** 2/5. Tom Hardy narrates a look at Canada's Hudson Bay, where a community of polar bears are battling to survive in a rapidly changing landscape. (S)(R)(AD)
9.00 FILM **Terminator Salvation** Sci-fi action thriller sequel starring Christian Bale, Sam Worthington and Anton Yelchin. In 2018, resistance hero John Connor leads the fight back against the killer robots, but he has to decide whether he can trust a death-row prisoner resurrected as a cyborg. (S) (2009, 12, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.00 **Last Week Tonight with John Oliver** Talk show. (R)
11.45 **Curb Your Enthusiasm** 3&4/10. Double bill. (S5) (S)(R)
1.00 AM **The Force: Manchester** Alcohol-related incidents. (S)(R)
2.00 **Road Wars** (S)(R)
3.00 **Magnum P.I.** (S5) (S)(R)(AD)
4.00 **NCIS: New Orleans** (S7) (S)(R)
5.00 **to 6.00** AM **Brit Cops: Rapid Response** (S)(R)(AD)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
12.05am Scotcast (S)(R) **12.35** Juice New episode (S) **1.00** Juice Series finale (S) **1.30** Weather for the Week Ahead (S) **1.35-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm Stitched Up? Surgery in the Sun New edition (S) **11.10** Trying New episode (S)(AD) **11.40** Trying Series finale (S)(AD) **12.10am** Have I Got News for You (S)(R) **12.40** The Celebrity Inner Circle (S)(R) **1.25-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
8.00pm Crimewatch Caught New edition (S) **8.30-9.00** The Travelling Auctioneers (S)(R) **10.40** NEW Kellie Bright – Autism, School and Families on the Edge (S) **11.40** Trying New episode (S)(AD) **12.05am** Trying Series finale (S)(AD) **12.35** Have I Got News for You (S)(R) **1.05-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Ceffylau, Sheikhs a Chowbois **12.30** Heno **1.00** Yr Anialwch **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Ironman Cymru **4.00** Awr Fawr **5.00** Stwnsh **6.00** Rhys Patchell: Japan a'r Gic Olaf **6.30** Rownd a Rownd (AD) **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** NEW Hanner Marathon Caerdydd **8.55** Newyddion a'r Tywydd **9.00** Ffermio New edition **9.33** Y Tywydd **9.35** Mini Hana Medi New edition **10.00** Sgorio **10.30-11.35pm** Mike Phillips: Croeso i Dubai (AD)

TV&Satellite week
New issue on sale tomorrow

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Horrible Histories: 'Orrible Oliver Cromwell Special** A look at the life of the 17th-century leader.
7.25 **Horrible Histories: Tricky Queen Vicky Special** The life of Queen Victoria.
7.55 **The Catch Up**
8.00 **Top Gear** The trio build their own motorhomes.
9.00 **Stranded on Honeymoon Island: Australia** New editions 4/12. On the sixth day on the islands, another crate washes up on shore which aims to help the couples move to the next level of intimacy. **10.00** 5/12. As the couples hit a week stranded together, another orange crate with videos from the speed-dating event washes ashore. **11.10** 6/12. The aftermath of Couples Cove casts a shadow.
12.10 AM **Blackmailed: The Sextortion Killers**
1.10 **Top Gear** As 8.00pm.
2.10 **Missing in Paradise: Searching for Sarm**
2.40 **to 4.00** AM **Juice**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Fred Dibnah's Industrial Age**
7.30 **Railways: The Making of a Nation** 4/6. How the railways enabled people to live farther away from the places where they worked.
8.00 **Amsterdam: An Art Lovers' Guide** 1/3. Examining the art and design of the Dutch capital.
9.00 **Call My Bluff** With Anna Massey and Godfrey Smith.
9.30 **Face the Music** With panellists Joyce Grenfell, Robin Ray and Patrick Moore.
10.00 **Arena: Billie Holliday – The Long Night of Lady Day** Profile of the singer.
11.25 **Marina Abramovic: The Ugly Duckling – Imagine**
12.25 AM **Fred Dibnah's Industrial Age**
12.55 **Railways: The Making of a Nation** As 7.30pm.
1.25 **Arena: Billie Holliday – The Long Night of Lady Day** As shown at 10.00pm.
2.45 **to 3.45** AM **Amsterdam: An Art Lovers' Guide**

MORE4

136/137 127 147 18 124 15

8.55 AM **A New Life in the Sun**
11.00 **Chateau DIY** Double bill.
1.05 PM **Four in a Bed**
3.50 **Car S.O.S** Fuzz Townshend and Tim Shaw restore the 1987 MG Metro 6R4 rally car. **4.50** Tim and Fuzz take on a 1980 Jaguar XJ-S V12.
5.50 **Escape to the Chateau** Dick Strawbridge oversees the installation of an eco-friendly sewage system.
6.55 **The Dog House Australia** Gentle giant Tessa the Bull Arab hopes to find love.
7.55 **The Dog House** Glamorous poodle-cross Lola needs to live up to five-year-old Violet's idea of what a dog should look like.
9.00 **Ancient Autopsy** New edition 3/4. Professor Suzannah Lipscomb turns forensic detective as she deep dives into the death of Genghis Khan.
10.00 **Ancient Egypt by Train with Alice Roberts** 3/4. Alice takes the train to Luxor to see Tutankhamun's tomb and his mummified body in the Valley of the Kings. She also takes a walk along the Avenue of the Sphinxes.
11.05 **24 Hours in A&E**
1.15 AM **999: On the Front Line** Medical series.
2.20 **Ancient Autopsy**
3.25 **to 3.55** AM **Food Unwrapped's Deep South Adventure**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Ramsay's Kitchen Nightmares USA**
7.50 **Married at First Sight UK**
9.30 **The Simpsons**
10.00 **The Big Bang Theory**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** 11-14/24. (S8)
2.00 PM **Brooklyn Nine-Nine**
3.00 **The Simpsons**
4.00 **Married at First Sight UK**
5.35 **The Big Bang Theory**
6.00 **The Simpsons**
7.00 **Hollyoaks** Tensions rise in Grace's family, and a row erupts between sisters.
7.30 **Hollyoaks At 30: Most Explosive Episodes** A classic episode ahead of the soap's 30th anniversary.
8.00 **First Dates** Luca, a tiler from Essex, is hoping to polish up his love life.
9.00 **Married at First Sight UK** New edition Family visit the couples for in-laws week.
10.20 **Made in Chelsea** New edition Livvy seems intent on moving on as she goes on a date with Kit.
11.20 **Open House: The Great Sex Experiment**
12.25 AM **Married at First Sight UK** As shown at 9.00pm.
1.40 **Made in Chelsea**
2.45 **Below Deck**
3.35 **The Simpsons**
4.25 **to 6.00** AM **The Big Bang Theory**

+1 hr 235/236 306 30 123 256

Monday primetime primetime

MONDAY Entertainment

Monday

Sky Witness

107 107 110 341 356

6.00 AM **Motorway Patrol**
7.00 **Border Security: Canada's Front Line** Double bill.
8.00 **Border Patrol** Double bill.
9.00 **Nothing to Declare UK**
9.30 **Border Security USA**
10.30 **Caught Red Handed**
12.00 NOON **FBI** 11/13. (S6)
1.00 PM **FBI: International** (S3)
2.00 **FBI: Most Wanted** 11/13. Two police officers are killed by an unknown shooter. (S5)
3.00 **Caught on Dashcam**
4.00 **Nothing to Declare**

9.00 Blue Bloods

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **Caught on Dashcam** A countdown of the most incredible, hilarious and spectacular real-life crashes in the world.

9 PM
9.00 **Blue Bloods** *Fire Drill:* 19/21. Jamie partners up with the fire department to track down an arsonist. (S13)

10 PM
10.00 **Blue Bloods** *Irish Exits:* 20/21. Frank worries that his friend is hiding the true reason for returning to the city. (S13)
11.00 **Law & Order: Special Victims Unit** 11/13. (S25)
12.00 M'T **The Equalizer** (S4)
2.00 AM **FBI: Most Wanted** New episode 9/22. (S6)
3.00 **Law & Order: SVU** (S25)
4.00 **Nothing to Declare**
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **The Guest Wing**
7.00 **Urban Secrets**
8.00 **Boardwalk Empire** (S3)
10.10 **Perry Mason** 7&8/8. (S2)
12.20 PM **Game of Thrones** (S4)
1.25 **My Brilliant Friend** 5/8. (S1)
2.35 **Boardwalk Empire** (S3)
4.45 **Homicide: Life on the Street** 18/22. A murder takes place at a housing project. **5.45** 19/22. A well-known attorney is murdered. (S4)
6.50 **Game of Thrones** 6/10. Arya continues her training at the House of Black and White. (S5)

9.00 Task

7.55 **Game of Thrones** *The Gift:* 7/10. Jon prepares for conflict, Sansa tries to talk to Theon, Brienne waits for a sign, and Jaime attempts to reconnect with his family. (S5)

9.00 **Task** New episode *Vagrants:* 5/7. The team inch closer to breaking the case with help from an eyewitness. (S1)

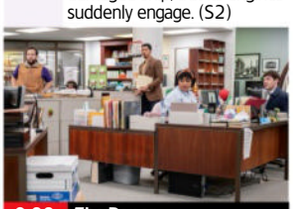
10.10 **Mare of Easttown** *Illusions:* 5/7. Mare meets with a source about possible connections in her three cases. (S1)
11.20 **The Sopranos** 4/13. Meadow considers volunteer work at a law centre. (S4)
12.30 AM **Banshee** 5/10. (S1)
1.30 **Game of Thrones** (S5)
3.40 **Fish Town**
4.30 **In Treatment** (S1)
5.05 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S3)
8.00 **The Flash** 11/20. (S8)
9.00 **Stargate Universe** (S2)
11.00 **SEAL Team** 8/16. (S4)
12.00 NOON **The Flash** 12/20. (S8)
1.00 PM **Hawaii Five-0** (S4)
3.00 **Magnum P.I.** 20/20. (S5)
4.00 **NCIS: New Orleans** 2/16. (S7)
5.00 **SEAL Team** 7/16. Natalie presents Jason with a life-changing proposition. (S4)
6.00 **Stargate Universe** 7/20. Rush and Col Young board a damaged ship, but its engines suddenly engage. (S2)



9.00 The Paper

7.00 **Stargate Universe** *Malice:* 8/20. Simeon kills Ginn after she discloses details of an impending Lucian attack. (S2)

8.00 **Romesh: Can't Knock the Hustle** 2/4. Romesh Ranganathan heads to a motivational speaker's boot camp in Arizona.

9.00 **The Paper** 9/10. Ned and Mare meet with a possible cult leader. **9.35** 10/10. Ned stifles his desire to win at the Ohio Journalism Awards. (S1)

10.10 **Strike Back: Silent War** 1/10. Section 20 is reactivated and investigate when a Russian nuclear bomber vanishes in the South China sea. (S7)
11.10 **Warrior** 8/10. (S2)
12.10 AM **The Force: Manchester**
1.05 **Road Wars**
2.00 **NEW SERIES Never Mind the Buzzcocks** Music quiz.
3.00 **Magnum P.I.** 20/20. (S5)
4.00 **NCIS: New Orleans** (S7)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.45 **Dinner Date**
8.45 **Billie and Greg**
9.40 **The Only Way Is Essex**
10.25 **Real Housewives of Potomac**
11.15 **Real Housewives of New Jersey** Reality series.
12.10 PM **Dinner Date**
1.10 **Billie and Greg**
2.10 **The Only Way Is Essex**
3.10 **Real Housewives of Cheshire**
4.10 **Real Housewives of Potomac** New edition Reality series.
5.00 **Real Housewives of New...**
6.00 **Celebrity Catchphrase**

9.00 Big Brother

7.00 **Deal or No Deal** Stephen Mulhern hosts as another contestant takes on the Banker for the chance to win life-changing money.

8.00 **The 1% Club** Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.

9.00 **Big Brother** New edition A group of contestants live under 24-hour surveillance, hoping to win a cash prize.

10.00 **Big Brother: Late & Live** New edition AJ Odudu and Will Best present the companion show in front of a live studio audience.
11.05 **Family Guy** 1/18. Part one of two. The Griffins get stuck in the town of Springfield. (S13)
11.35 **Family Guy** 2/18. (S13)
12.05 AM **American Dad!** (S15)
1.05 **Plebs** 5/9. (S5)
1.35 **Deal or No Deal**
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **The Royal**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.05 **Doc Martin** 6/8. (S6)
10.10 **The Royal**
11.10 **Heartbeat** Double bill.
1.20 PM **Classic Emmerdale**
2.25 **Classic Coronation Street**
3.25 **Downton Abbey** 4/9. (S2)
4.45 **Doc Martin** 7/8. Mrs Tishell falls for the doctor again. (S6)
5.50 **Heartbeat** *War Stories:* PC Ventress's old commando unit turn up – but the veterans have an old score to settle

8.00 Agatha Christie's Poirot

6.55 **Heartbeat** *The Fool on the Hill:* Craddock's mother fancies herself as Miss Marple following a murder in the village.

8.00 **Agatha Christie's Poirot** *Five Little Pigs:* A woman asks Poirot to investigate her father's murder – a 14-year-old crime for which her mother was found guilty and executed.

10.00 **Agatha Christie's Poirot** *Sad Cypress:* The detective investigates a double poisoning, aiming to prove the innocence of Elinor Carlisle, the chief suspect in the deaths of her aunt and her love rival.
12.00 M'T **Wire in the Blood** *Right to Silence:* 3/4. An imprisoned gangster masterminds a murder. (S2)
1.50 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
2.00 PM **Sign Zone: Landward**
2.30 **Sign Zone: Amazing Hotels: Life Beyond the Lobby** The Hassler.
3.30 **Sign Zone: Martin Compston's Scottish Fling**
4.00 **This Is BBC Scotland**
7.00 **Reporting Scotland**
7.30 **My Kind of Town**
8.00 **The Mart** Thainstone plays host to a rare breeds sale.
8.30 **Grand Tours of Scotland's Lochs**
9.00 **Amazing Hotels: Life Beyond the Lobby** A visit to the Datai Langkawi hotel, Malaysia.
10.00 **The Scotts** 5/6. Henry takes Darren on a relaxing fishing trip. **10.30** 6/6. The family gather for a party. (S2)
11.00 **Scotcast** New edition
11.30 PM **to 12.00** M'T **Darts Dreams** Documentary.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace**
9.00 **The Conners** (S1)
10.00 **Sex and the City** (S6)
11.20 **Girls** 5&6/10. (S5)
12.30 PM **The Office (US)**
1.30 **The Conners** (S1)
2.30 **The Office (US)** (S4)
3.30 **Will & Grace** (S3)
4.30 **Sex and the City** (S6)
5.45 **The Office (US)** (S4)
6.45 **Will & Grace** (S3)
7.40 **Sex and the City** 20/20. Carrie has dinner with Aleksandr's ex-wife. (S6) **8.30** 1/12. Carrie has some success with an old flame. (S1)
9.00 **Last Week Tonight with John Oliver** New edition
9.45 **Real Time with Bill Maher** New edition
10.55 **Last Week Tonight with John Oliver**
11.40 **Entourage** (S6)
12.50 AM **Girls** 9/10. (S2)
1.25 **Veep** 6&7/10. (S3)
2.45 **Curb Your Enthusiasm**
3.40 **to 5.00** AM **Silicon Valley**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Pavarotti in the Park**
8.05 **Artist of the Year**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
12.50 PM **Tales of the...**
1.50 **Michael Caine: The Becoming of a Hollywood Star**
3.00 **Portrait Artist of the...**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **André Rieu: Fiesta Mexicana**
9.50 **Les Miserables – The Staged Concert**
12.45 AM **Nigel Kennedy: The Four Seasons**
2.00 **Art's Most Horrific** New edition Displays of gore and death in art.
3.00 **Van Gogh by Vincent**
4.00 **Inside Art**
5.00 **to 6.00** AM **The Art of the Garden**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: Canada's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: Canada's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Stargate Atlantis** (S1)
5.00 **Stargate SG-1** (S8)
6.00 **Star Trek: Voyager**
7.00 **Star Trek: The Next Generation** *Captain's Holiday:* 19/26. Picard falls in love. (S3)
8.00 **Star Trek: Deep Space Nine** *The Quickening:* 24/26. Bashir tries to save an alien society. (S4)
9.00 **FBI** 1&2/22. (S4)
11.00 **Grimm** 17/22. (S1)
12.00 M'T **Warehouse 13** (S1)
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: War on Crime**
3.00 **The Force: North East**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Quiz show.
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Sally Lindsay hosts as a team of community nurses take part in the game show.
3.00 **Alan Carr's Epic Gameshow** Alan hosts a version of *Bullseye*.
4.00 **Tenable** Sally Lindsay hosts as a family take on the Tenable Tower.
5.00 **Deal or No Deal** Double bill of the show hosted by Stephen Mulhern.
7.00 **Lingo** Double bill of the word-based quiz show hosted by Adil Ray.
9.00 **Who Wants to Be a Millionaire?** Jeremy Clarkson gives six new contestants the chance to win a fortune.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.50 AM **Who Wants to Be a Millionaire?** As 9.00pm.
1.45 **to 2.00** AM **Unwind**

Great! TV

157 167 170 34 32

8.00 AM **Diagnosis Murder**
10.00 **Little House on the Prairie** 5&6/24. (S6)
12.00 NOON **Highway to Heaven** 14/25. (S3)
1.00 PM **Diagnosis Murder**
3.00 **Born and Bred** 1/6. (S1)
4.05 **Down to Earth** 1/6. (S1)
5.10 **Rumpole of the Bailey**
6.10 **Rising Damp** 1/6. (S4)
6.40 **The Fall and Rise of Reginald Perrin** (S1)
7.20 **Home to Roost** 2/7. (S4)
7.50 **A Fine Romance** (S4)
8.20 **Dear John** 1/7. (S1)
9.00 **M*A*S*H** 1-4/24. (S1)
11.00 **Rising Damp** 1/6. (S4)
11.30 **Man About the House**
12.00 M'T **M*A*S*H** (S1)
1.00 AM **Dear John** 1/7. (S1)
1.40 **The Fall and Rise of Reginald Perrin** 1/7. (S1)
2.20 **Home to Roost** (S4)
2.45 **A Fine Romance** (S4)
3.10 **Born and Bred** 1/6. (S1)
4.05 **Highway to Heaven**
4.50 **to 5.00** AM **Good News on GREAT! Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **Football League Legends**
6.10 **Two and a Half Men**
7.15 **Kojak**
9.20 **Magnum, PI**
11.25 **Robin of Sherwood**
12.35 PM **Kojak**
2.45 **Magnum, PI**
4.50 **The Saint** *Invitation to Danger:* Templar has to find out whether a cool blonde is a secret agent or a crook.
5.55 **American Pickers** Mike Wolfe and Frank Fritz purchase a Japanese sword from an 88-year-old war veteran.

11.25 Death Race

7.00 **The Motorbike Show** Henry Cole discovers the joys of Portugal's roads on a visit to the Algarve.
8.00 **The Chase Celebrity Special** Karim Zeroual, Christopher Biggins, Ellie Leach and Des Clarke take part for their charity.
9.00 FILM **The Expendables 3** Action adventure sequel starring Sylvester Stallone. Soldier of fortune Barney Ross recruits a new team to battle an arms dealer with a score to settle. (2014, 12, 126min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.25 FILM **Death Race** Big-budget remake of the 1975 B-movie *Death Race 2000*, starring Jason Statham and Joan Allen. (2008, 15, 105min) ★★★
1.30 AM **Motorsport UK**
2.20 **Two and a Half Men**
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 5/22. (S2)
12.00 NOON **Star Trek: Enterprise**
1.00 PM **Star Trek: Deep Space Nine** 20/26. (S2)
2.00 **Warehouse 13** 8&9/13. (S2)
4.00 **Star Trek: The Next Generation** 5/22. (S2)
5.00 **Stargate Atlantis** 4/20. (S5)
6.00 **Star Trek: Enterprise** 24/26. Archer and Trip are lured by a terrorist to a desert-like planet. (S1)

10.00 TWD: The Ones Who Live

7.00 **Star Trek: Deep Space Nine** *The Maquis – Part One:* 20/26. A Cardassian freighter is sabotaged. (S2)
8.00 **Stargate Atlantis** *The Daedalus Variations:* 4/20. A copy of the Daedalus appears in orbit over the Atlantis. (S5)
9.00 **Grimm** *Game Ogre:* 8/22. A prison escapee comes looking for his revenge on those who put him behind bars. (S1)
10.00 **The Walking Dead: The Ones Who Live** 1/6. Rick Grimes dreams of having a regular life with Michonne and accepts an offer to join the CRM. (S1)
11.00 **Westworld** 6/8. Caleb learns of a disturbing truth. (S4)
12.00 M'T **Chucky** 6/8. (S1)
1.00 AM **Warehouse 13** (S2)
3.00 FILM **Beowulf** Fantasy horror starring Christopher Lambert. (1999, 15, 95min) ★★
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S15)
9.00 **Father Brown**
10.00 **The Mentalist** 8/24. (S3)
11.00 **Hudson & Rex** 8/8. (S7)
12.00 NOON **Body of Proof** (S2)
1.00 PM **Death in Paradise** (S10)
2.00 **Murdoch Mysteries** (S15)
4.00 **The Mentalist** 8/24. (S3)
5.00 **Hudson & Rex** 8/8. A man is stabbed by an intruder. (S7)
6.00 **Father Brown** *The Tanganyika Green:* The clerical sleuth looks into the murder of a Colonial Postal Service officer.

8.00 Death in Paradise

7.00 **Body of Proof** *Identity:* 17/20. Megan and Kate try to identify the victims of a fatal car crash. (S2)
8.00 **Death in Paradise** *Pilot of the Airwaves:* 1/9. A TV news presenter is found dead and suspicion falls on her co-host. (S10)
9.00 **Death in Paradise** 1/8. The 100th episode of the drama. Commissioner Patterson is targeted by an assassin. (S13)
10.20 **Shakespeare & Hathaway: Private Investigators** 2/10. The team go undercover at a team building centre. (S5)
11.20 **Father Brown** As 6.00pm.
12.20 AM **White Collar** 16/16. Neal waits for his colleagues to give their testimony on whether he should be released. (S3)
1.15 **Death in Paradise** As 8.00pm.
2.15 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.00 AM **Highlights**
8.20 **Only Fools and Horses**
9.40 **Hi-de-Hi!**
10.20 **Porridge**
11.00 **Last of the Summer Wine**
12.20 PM **Don't Wait Up**
1.00 **The Green Green Grass**
1.40 **Dad's Army**
2.20 **Porridge**
3.00 **Last of the Summer Wine**
4.20 **Don't Wait Up**
5.00 **The Green Green Grass**
5.40 **Hi-de-Hi!**
6.20 **Porridge**

7.40 dinnerladies

7.00 **Dad's Army** The platoon decide to recruit women to take care of some of the less demanding tasks.
7.40 **dinnerladies** Norman the breadman fails to deliver and Jean has bridesmaids' knickers on her mind. **8.20** The staff await a royal visit, but first Stan must pick the right toupée.
9.00 **The Royle Family** First episode of the comedy starring Ricky Tomlinson. **9.40** Denise's impending wedding to Dave comes up for discussion again.
10.20 **Not Going Out** Lucy has her god-daughter dumped on her the night before the girl's birthday.
11.00 **dinnerladies** Norman the breadman fails to deliver. **11.40** The staff await an important royal visitor.
12.20 AM **The Royle Family**
1.40 **Not Going Out** As 10.20pm.
2.25 **dinnerladies** Double bill.
3.25 **to 4.00** AM **The Royle Family**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Pointless**
8.00 **Special Ops: Crime Squad UK**
10.00 **Extreme Salvage Squad**
12.00 NOON **Storage Hunters UK**
2.00 PM **Extreme Salvage Squad**
3.00 **Top Gear** Double bill.
5.00 **Rick Stein's Secret France** The chef's journey continues on the Spanish border and the Mediterranean coast.
6.00 **Hairy Bikers Everyday Gourmets** Si King and Dave Myers demonstrate how to create gourmet lunches on a tight budget.

10.00 Will & Ralf Should Know...

7.00 **Would I Lie to You?** With Jack Dee, Romesh Ranganathan, Gaby Roslin and Tinchy Stryder.
7.40 **Richard Osman's House of Games** With guest Reeta Chakrabarti. **8.20** Jodie Kidd, Hugh Fearnley-Whittingstall and Jamali Maddix take part.
9.00 **Have I Got a Bit More News for You** Jack Dee hosts an edition from 2022, with Hannah Fry and Nabil Abdulrashid.
10.00 **Will & Ralf Should Know Better** New edition The pair explore supernatural beliefs at a haunted inn.
■ Entire series on Box Sets
11.00 **8 Out of 10 Cats** With Ellie Taylor, Jessica Knappett, David O'Doherty and Richard Osman.
11.50 **Mock the Week** Topical comedy, with Dara O Briain.
12.30 AM **Would I Lie to You?**
1.50 **Survivor South Africa**
3.30 **to 4.00** AM **Judge Romesh**

+1 hour 211/212 327 74 259

Monday

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S.**
10.00 **Sun, Sea and Selling Houses** From Spain.
11.00 **Help! We Bought a Village** Documentary.
12.00 NOON **George Clarke's Amazing Spaces**
1.00 PM **A Place in the Sun**
3.00 **Come Dine with Me**
5.30 **Four in a Bed**
6.00 **A Place in the Sun**
7.45 **The Great British Bake Off** The bakers take on three new challenges in Chocolate Week.
9.00 **Celebrity Gogglebox** *The Piano*, *Bridgerton* and *Celebrity Bridge of Lies* are appraised.
10.00 **Gogglebox** Opinions on recent TV shows.
11.00 **24 Hours in Police Custody** Double bill.
1.30 AM **24 Hours in A&E**
2.35 **Social Media Monsters**
3.35 **Jamie's Air Fryer Meals**
4.30 **to 5.00** AM **Kirstie and Phil's Love It or List It: Brilliant Builds**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 20–22/24. (S10)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Homesick:* 11/24. The team investigate when a mysterious illness strikes children from military families. **7.00** *Kill Chain:* 12/24. A petty officer is killed by a stolen surveillance drone and the team link it to an elusive terrorist. **8.00** *Double Back:* 13/24. Gibbs and the team attempt to find the terrorist Parsa. (S11)
9.00 **Wild Cards** New episode *Dead of Night:* 6/10. Max and Ellis go behind the scenes of a long-running vampire TV show. (S1)
10.00 **Law & Order: Special Victims Unit** (S22&21)
1.50 AM **Blue Bloods** (S8)
2.45 **Criminal Minds** (S13)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Shoplifters: Caught Red Handed**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Operation Pet Rescue** New edition
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **Ambulance: Code Red** New edition Paramedics rush to treat a man severely burned by a gas canister explosion.
10.00 **999: Critical Condition**
11.00 **Skin A&E**
12.00 M'T **Prison Brides**
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.45 **Police Interceptors**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Motorway Patrol**
9.30 **Trucking Hell**
10.35 **Traffic Cops**
11.35 **Police Interceptors**
1.30 PM FILM **Death Rides a Horse** Spaghetti Western starring John Phillip Law. (1969, 15, 111 min) ★
4.05 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
9.00 **Ice Road Truckers** Polar rookie Steph Custance embarks on her first solo trip. **10.00** A truck needs to be fixed or left stranded 100 miles from the nearest town.
11.00 **World's Deadliest Weather: Caught on Camera** Wildfires on England's east coast.
12.00 M'T **MacGyver** 2/22. (S3)
1.00 AM **Criminals: Caught on Camera**
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **One Born Every Minute** Documentary.
7.00 **Tipping Point**
10.00 **Property Brothers: Forever Homes**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
6.00 **DIY SOS: The Big Build**
7.00 **MasterChef Australia** New edition Three contestants face a pressure test set by chef Michael Wilson.
8.00 **Inside the Ambulance** Helping a woman who has had a violent seizure.
9.00 **The Supervet** Noel treats a Persian cat that has been hit by a car. **10.00** A 10-month-old puppy is knocked over by a car on a holiday.
11.00 **Ski A&E**
1.00 AM **Interior Design Masters with Alan Carr**
2.15 **to 3.00** AM **Inside the Ambulance**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.30 AM **Soldier, Soldier**
8.30 **Doctors**
9.50 **Classic Holby City**
10.50 **Classic Casualty**
11.55 **The Bill**
1.00 PM **Classic EastEnders**
2.20 **Soldier, Soldier**
3.20 **Monarch of the Glen**
4.20 **London's Burning**
5.25 **'Allo 'Allo!**
6.00 **Waiting for God**
6.40 **Last of the Summer Wine** Double bill.
8.00 **The Inspector Lynley Mysteries** *Limbo:* 1/2. The body of Lynley's missing godson is discovered 12 years after he disappeared. (S6)
10.00 **New Tricks** *Family Business:* An assault case is re-opened.
11.20 **Spooks** 2/8. (S9)
12.40 AM **Lovejoy**
1.40 **'Allo 'Allo!**
2.25 **Waiting for God**
3.00 **to 4.00** AM **Bergerac**

+1 hr 243 316 60 260

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Really

142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** In East Sussex.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
2.00 **Money for Nothing**
3.00 **Antiques Road Trip**
5.00 **The Derbyshire Auction House**
7.00 **Antiques Road Trip** A road trip in Kendal. **8.00** A trip around Lancashire and Yorkshire.
9.00 **Salvage Hunters: Georgian House Restoration** Drew needs to raise funds.
10.00 **Celebrity Yorkshire Auction House** Angus helps Wayne Sleep shift a wardrobe of costumes.
11.00 **The Yorkshire Auction House**
12.00 M'T **Celebrity Help! My House Is Haunted**
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase** Quiz.
9.00 **Tenable** Double bill.
11.00 **The Chase** Quiz show.
12.00 NOON **Who Wants to Be a Millionaire? Celebrity Special**
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill.
4.00 **Who Wants to Be a Millionaire? Celebrity Special** Quiz show.
5.00 **The Bidding Room**
7.00 **The Celebrity Chase** Dominic Brunt, Wayne Sleep, Ricky Tomlinson and Charlotte Hawkins take part for charity.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Classic Who Wants to Be a Millionaire?** Big-money quiz show hosted by Chris Tarrant.
11.00 **Bullseye** Double bill.
12.00 M'T **The Chase**
4.00 AM **The Crystal Maze**
5.00 **to 6.00** AM **Bullseye**

Great! Action

323 319 426 42 33

9.00 AM **Wanted: Dead or...**
9.30 **Tombstone Territory**
10.00 **FILM The Quick Gun** Western. (1964, PG) ★★
12.00 NOON **Tombstone Territory** Double bill.
1.00 PM **FILM The Wonderful Country** Western. (1959, U, 98min) ★★
3.20 **Wanted: Dead or Alive**
4.00 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The Persuaders!**
7.00 **The Avengers** Drama.
8.00 **The New Avengers**
9.00 **FILM The Marine** Thriller. (2006, 15, 92min) ★★
11.00 **FILM Maximum Security** Crime thriller. (2017, 15, 90min) ★★
12.55 AM **The Avengers**
1.55 **The New Avengers**
2.55 **Cops Uncut** Double bill.
3.50 **Wild West Chronicles**
4.15 **to 5.40** AM **FILM Ape vs Monster** Adventure. (2021, 12, 88min) ★★

+1hour 324

Great! Mystery

321 318 425 50 48

7.10 AM **FILM Secrets of Bella Vista** (2022) ★★
9.10 **Murder, She Wrote**
10.10 **Unforgettable** (S1)
11.10 **Castle** 12/24. (S2)
12.10 PM **FILM Mystery 101: An Education in Murder** (2020, PG) ★★
2.05 **Hailey Dean Mysteries**
4.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 13/24. (S2)
8.00 **Unforgettable** 1/13. (S2)
9.00 **FILM Murder, She Baked: A Chocolate Chip Cookie Mystery** Thriller. (2015, PG) ★★★
10.55 **FILM The Gourmet Detective** Crime thriller. (2015, PG, 90min) ★★★
12.50 AM **FILM Willed to Kill** Thriller. (2012, 12) ★★★
2.50 **FILM Hidden in Plain Sight** (2019, 12) ★
4.25 **to 5.50** AM **FILM Secrets in the Snow**

+1hour 322

Great! Christmas

319 317 424 52 47

8.00 AM **FILM Christmas in Homestead** (2016) ★★
10.05 **FILM A Dream of Christmas** (2016) ★★
12.05 PM **FILM The Magical Christmas Shoe** (2019)
2.00 **FILM Finding Father Christmas** (2016) ★★
4.00 **FILM A Family for the Holidays** Mystery. (2018, U, 90min) ★★
6.00 **FILM The Christmas Chalet** (2019, PG) ★★
8.00 **FILM PREMIERE Royal Christmas Crush** Drama. (2023, U, 90min) ★★
9.55 **FILM Homemade Christmas** Romance. (2020, PG, 90min) ★★
11.50 **FILM A Royal Christmas Ball** Drama. (2017, PG, 90min) ★★
1.45 AM **FILM Christmas with a Prince** Drama. (2022, U, 90min) ★★
3.25 **to 4.50** AM **FILM Finding Father Christmas** As 2.00pm.

+1hour 320

Rewind TV

182 81 141

6.00 AM **Highlights**
9.00 **Bubblegum & Cheese**
10.00 **I Dream of Jeannie**
10.30 **Soap** 19/25. (S1)
11.00 **In Loving Memory** (S3)
11.30 **Haggard** 4/7. (S2)
12.00 NOON **Please Sir!** (S4)
12.30 PM **You're Only Young Twice** 4/8. (S2)
1.00 **FILM The Bulldog Breed** (1960, PG) ★★
3.00 **Bramwell** 4/10. (S3)
4.00 **The Fantastic Journey**
5.00 **Sharp Intake of Breath**
5.30 **In Loving Memory** (S3)
6.00 **Thick as Thieves** (S1)
6.30 **Soap** 19/25. (S1)
7.00 **Fantasy Island** (S1)
8.00 **Bramwell** 4/10. (S3)
9.00 **Dark Skies** 4/20. (S1)
10.00 **The Fantastic Journey**
11.00 **Brass** 10/13. (S1)
11.30 **Stereo Underground**
12.30 AM **FILM The Hitch-Hiker** Thriller. (1953, b/w, 12, 75min) ★★★★
1.55 **Mysterious Tales**
2.00 **to 6.00** AM **Highlights**

DMAX

159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Maine Cabin Masters**
12.00 NOON **Alaskan Bush People** Documentary.
1.00 PM **Expedition Bigfoot**
2.00 **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Following the work of Alaskan crab fisherman.
8.00 **Deadliest Catch: Inside the Catch** The series' feuds and conflicts.
9.00 **Body Bizarre** The UK's shortest couple are expecting another child.
10.00 **Body Bizarre**
11.00 **Ed Stafford: First Man Out** With Ky Furneaux.
12.00 M'T **Naked and Afraid XL** Double bill.
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **Paul Goes to Hollywood**
7.00 **Rachel's Cake Diaries**
8.00 **The Pioneer Woman**
9.00 **Jamie's Easy Meals...**
10.00 **More Sunday Lunch**
11.00 **Great British Bake Off**
12.30 PM **30 Minute Meals**
1.00 **American Adventure**
2.00 **James Martin: Delicious**
2.30 **James Martin: Sweet**
3.00 **Rachel's Cake Diaries**
4.00 **The Pioneer Woman**
5.00 **Jamie's Easy Meals for Every Day** Double bill.
6.00 **More Sunday Lunch**
7.00 **Great British Bake Off**
8.30 **30 Minute Meals**
9.00 **Adam Richman Eats Football** Double bill.
10.00 **Tom Kerridge Secrets of the Pub Kitchen**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Guy's Grocery Games**

+1hour 240/241 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 16/28. (S1)
9.00 **The Fall Guy** (S4)
10.00 **Charlie's Angels** (S2)
11.00 **FILM Tornado Warning** Sci-fi action thriller. (2012, PG, 90min) ★★
1.00 PM **FILM Crack in the World** Sci-fi thriller. (1965, PG, 96min) ★★
3.00 **FILM Memoirs of an Invisible Man** Comedy. (1992, PG, 99min) ★★
5.00 **Star Trek** 30/30. (S1)
6.00 **Charlie's Angels** (S2)
7.00 **The Fall Guy** (S4)
8.00 **Walker, Texas Ranger**
9.00 **FILM Kiss of the Dragon** Action thriller. (2001, 18, 98min) ★★★
11.00 **FILM The Day of the Jackal** Thriller. (1973, 15, 142min) ★★★★★
1.45 AM **FILM Assassin** Thriller with Danny Dyer. (2014, 15, 78min) ★
3.20 **to 5.10** AM **FILM Never Let Go** Crime thriller. (2015, 15, 90min) ★★

Legend Xtra

317 316 171 69 138 51

6.00 AM **FILM The Land That Time Forgot** (2009)
8.00 **FILM Polar Storm** Sci-fi action thriller. (2009, PG, 92min) ★★
10.00 **Andromeda** 15/22. (S2)
11.00 **FILM Biggles: Adventure in Time** Time travel adventure. (1986, PG, 108min) ★★
1.00 PM **FILM Asteroid-a-geddon** Adventure. (2020, PG, 99min) ★★
3.00 **Andromeda** 15/22. (S2)
4.00 **Six Million Dollar Man**
5.00 **FILM The Land That Time Forgot** Fantasy. (2009, 12, 90min) ★★
7.00 **Andromeda** 16/22. (S2)
8.00 **Six Million Dollar Man**
9.00 **FILM Entrapment** Romantic action thriller. (1999, 12, 112min) ★★★
11.10 **FILM Circus of Horrors** Horror. (1960, 15) ★★
1.00 **to 3.00** AM **FILM The Plague of the Zombies** Horror. (1966, 15) ★★★

+1hour 318 371 139

Blaze

164 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** Memorable clips.
6.40 **Junk and Disorderly**
7.35 **Auction Hunters**
8.00 **Flipping Bangers**
8.55 **Hardcore Pawn**
10.15 **UFOs: Lost Evidence**
11.10 **The UnXplained**
12.10 PM **Secrets in the Ice**
1.05 **Pawn Stars**
2.05 **Junk & Disorderly**
3.05 **Flipping Bangers**
4.00 **Ancient Aliens**
6.00 **UFOs: Lost Evidence**
7.00 **Junk & Disorderly**
8.00 **Dickinson's Real Deal**
9.00 **The Curse of Oak Island**
10.00 **History's Greatest Mysteries** UFO sightings.
11.00 **Greatest Prison Escapes with Billy Hayes**
12.00 M'T **Weird Britain**
1.00 AM **UFOs: Lost Evidence**
2.00 **Ancient Aliens**
3.45 **Court Cam**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **Inside the Tower of London** Double bill.
11.00 **Ben Fogle: New Lives in the Wild** Oregon.
12.00 NOON **Sue Perkins: Discovering Thailand**
1.00 PM **The Yorkshire Vet**
2.00 **Murder, She Wrote**
3.00 **Columbo** Crime drama.
5.00 **Christmas at the Four Seasons: Park Lane**
6.00 **Inside the Tower of London** Double bill.
8.00 **Ben Fogle: New Lives in the Wild** Zambia.
9.00 **Reuben Owen: Life in the Dales**
10.00 **Coastal Adventures with Helen, Jules & JB** JB Gill joins the Skegness Pier Angling Club.
11.00 **Prisoner: Cell Block H**
1.00 AM **FILM Crazy About Christmas** Comedy. (2021, PG, 87min) ★★
2.55 **Paul Martin's Antiques Showdown**
3.45 **to 4.00** AM **Britain's Greatest Bridges**

HGTV

158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home** Six editions.
2.00 PM **A Place in the Sun**
3.00 **Derelict Rescue**
4.00 **Escape to the Country**
6.00 **A Place in the Sun** Advice on buying a second home abroad.
8.00 **Escape to the Country**
9.00 **Fixer Upper: Welcome Home** A couple fear the house they just bought has been neglected.
10.00 **NEW SERIES The Renovator** A separated couple are eager to rebuild their life together with a renovation.
11.00 **Home Town**
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**

+1hour 258/262 391

TLC

133/134 139 165

7.00 AM **My Lottery Dream Home** Four editions.
9.00 **Say Yes to the Vegas Dress** Double bill.
11.00 **Say Yes to the Dress: Atlanta** Reality series.
12.00 NOON **1000-lb Sisters**
2.00 PM **Breaking Amish: Los Angeles**
3.00 **Outdaughtered: Busby Quints** Double bill.
5.00 **Little People, Big World**
6.00 **My 600lb Life**
8.00 **Dr Pimple Popper** Christine has lost her essence due to a growth.
9.00 **1000-lb Sisters**
10.00 **The Face Doctors**
11.00 **My Extreme Excess Skin**
12.00 M'T **Sex Sent Me to the ER** Medical series.
1.00 AM **Extreme Couponing**
2.00 **The Face Doctors**
3.00 **My Extreme Excess Skin**
4.00 **Dr Pimple Popper**
5.00 **to 6.00** AM **My Lottery Dream Home**

+1hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Last Man Standing**
9.00 **Everybody Loves Raymond** 7-10/26. (S3)
11.00 **Spin City** (S1&6)
1.00 PM **Last Man Standing**
1.50 **Friends** (S9&10)
9.00 **Iain Stirling's Roast the Internet** New edition With Jon Richardson and Fatiha El-Ghorri.
10.00 **Bradley & Barney Walsh: Breaking Dad**
11.00 **Whose Line Is It Anyway? USA**
12.00 M'T **Important Things with Demetri Martin**
12.30 AM **Mike Judge's Beavis and Butt-Head**
1.00 **South Park** (S19)
2.30 **Chris Ramsey Live: All Growed Up** Stand-up.
3.20 **Iain Stirling: Comedy Central Live**
3.45 **The Comedy Central Chart Show**
3.50 **Spin City** 2/24. (S1)
4.15 **to 5.00** AM **Friends**

+1hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Criminally Funny**
10.30 **Most Ridiculous**
11.00 **Friends** (S8&9)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.30 **Takeshi's Castle**
4.00 **Guessable?**
5.00 **Everybody Loves Raymond** 7-10/26. (S3)
7.00 **Spin City** 1/24. Mike tackles a strike. (S1) **7.30** 4/22. Stuart is left in charge. (S6) **8.00** 4/24. Mike makes the huge mistake of allowing a reporter to profile the mayor. **8.30** 5/24. Mike goes on a mission. (S1)
9.00 **Russell Howard: Wonderbox** Stand-up.
10.00 **Friends** (S9&10)
1.05 AM **Beavis and Butt-Head** (S8)
2.00 **Key & Peele** Sketches.
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay

152 160 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **The Rookie: Feds** (S1)
11.00 **The Cleaning Lady** (S2)
1.00 PM **Motorway Patrol**
2.00 **Highway Cops**
3.00 **Road Wars**
4.00 **Caught on Dashcam**
5.00 **Motorway Patrol**
6.00 **Bondi Rescue**
7.00 **The Cleaning Lady** (S2)
9.00 **SEAL Team** *The Ones You Can't See:* 7/20. The unit help stop a sniper. **10.00** *Danger Crossing:* 8/20. The unit are sent to rescue a pilot. (S3)
11.00 **The Rookie: Feds** (S1)
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own** With Tom Davis.
2.00 **Duck Quacks Don't Echo** Lee Mack hosts.
3.00 **Road Wars**
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 137 134 351 366

6.00 AM **The Hills**
6.20 **Teen Mom UK**
7.10 **Teen Mom UK: Next Generation**
8.00 **Catfish: The TV Show**
4.00 PM **Help! I'm in a Secret Relationship!**
6.00 **Catfish UK**
7.00 **Teen Mom 2**
8.00 **The Hills: New Beginnings**
9.00 **Skin A&E** Dr Dev Shah faces a large cheek cyst.
10.00 **Just Tattoo of Us**
11.00 **Ink Master Redemption** New edition Christian Buckingham, Jime Litwalk and Duffy Fortner return.
11.30 **Ink Master Redemption**
12.00 M'T **Ridiculousness** New edition Rob, Steelo and Karrueche Tran slide hard in the streets.
12.30 AM **Ridiculousness**
1.00 **The Challenge: Double Agents** Reality series.
2.20 **Ink Master**
3.10 **to 4.00** AM **Geordie OGs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Barnwood Builders**
9.00 **Gold Rush** Documentary.
11.00 **Wheeler Dealers**
1.00 PM **Gold Divers** Double bill.
3.00 **Salvage Hunters**
4.00 **Salvage Hunters** Hunting for stock in a circus museum.
5.00 **Sewer Divers** An abandoned sewer line is overwhelmed by stagnant human waste.
6.00 **Hoffman Family Gold** The Hoffmans try to run through paydirt before their cut freezes over for winter.

9.00 Mystery at Blind Frog...

7.00 Wheeler Dealers Mike nabs a Porsche 997 at a bargain price of just £15,000, but its engine has a case of bore score.

8.00 Wheeler Dealers Mike Brewer is seduced by a Land Rover Discovery Mk1 with low mileage, but it has rust problems.

9.00 Mystery at Blind Frog Ranch New edition The Ollingers drain the pond to find Aztec gold in their biggest challenge to date.

10.00 Salvage Dawgs A 1940s house in Washington, DC. **10.30** The crew tackle an American Foursquare house dating back to 1910.

11.00 **Mystery at Blind Frog Ranch** A manoeuvre on the trail of the Lost Rhoades Mine.
12.00 M'T **Blowing Up History**
1.00 AM **Mystery at Blind Frog Ranch** The team resume drilling into the Energy Zone.
2.00 **Salvage Dawgs** Double bill.
3.00 **to 5.00** AM **Deadliest Catch**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **Alaska: Homestead Rescue** Documentary.
9.00 **Saved by the Barn**
10.00 **Tanked** An elegant aquarium.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **Alaska: Homestead Rescue**
5.00 **Lone Star Law** A game warden needs to find a home for an alligator.
6.00 **Dr Jeff: Rocky Mountain Vet** An abandoned cat's x-ray tells a shocking story and a puppy has an operation to save its leg.

5.00 Lone Star Law

7.00 Treehouse Masters Pete Nelson creates a climber's haven for an arboreal couple whose love of trees rivals his own.

8.00 Expedition Bigfoot Mireya and Ronny return to where they think that they heard whistles and saw glowing eyes.

9.00 Alaska: The Last Frontier The Kilchers put their own, distinctive spin on the traditional Secret Santa gift exchange.

10.00 Alaskan Bush People An ostrich lays its first egg, and Bear gets a special visit from a girl on North Star Ranch.

11.00 **Pit Bulls & Parolees** Tania goes to fetch a former rescue centre dog after its owner dies.
12.00 M'T **Crikey! It's the Irwins** Terri tries to save a koala.
1.00 AM **Expedition Bigfoot**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Europe from Above**
9.00 **Air Crash Investigation**
12.00 NOON **Megafactories**
1.00 PM **Engineering Europe**
2.00 **Liberation: D-Day to Berlin**
4.00 **Rise and Fall of the Mayas** A discovery challenging beliefs about the Maya civilisation.
5.00 **Car S.O.S.** Fuzz Townshend and Tim Shaw give a Fiat Spider a makeover it deserves.
6.00 **Lost Treasures of Egypt** Experts investigate why the pharaohs built a cemetery in the Valley of the Kings.

10.00 Ice Road Rescue

7.00 Air Crash Investigation The investigation into a plane that crashed into a mountain with a Brazilian football team on board.

8.00 Air Crash Investigation The crash of Air France Flight 447, in which the majority of the wreckage was lost in the Atlantic.

9.00 Drain Alcatraz Cutting-edge visuals drain the water around Alcatraz to reveal why the infamous prison was so inescapable.

10.00 Ice Road Rescue A truck threatens to tip down a hill, and Thord's daughter heads out to rescue a van but fails to reach it.

11.00 **Air Crash Investigation**
12.00 M'T **Inside Melbourne Airport** Documentary.
1.00 AM **Airport Security: Peru**
2.00 **To Catch a Smuggler**
2.30 **Money Meltdown**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Exotic Animal ER: Double Dose**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Flipping Bangers**
6.55 **Full Custom Garage** New edition A dune buggy.
7.50 **American Pickers**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **Secrets Declassified with David Duchovny**
1.00 PM **Kevin Costner's The West**
2.00 **American Pickers**
3.00 **Secrets of Great British Castles** Carrickfergus Castle.
4.00 **Storage Hunters** Double bill.
5.00 **Canadian Pickers**
6.00 **American Pickers**

9.00 Kevin Costner's The West

7.00 Forged in Fire Four bladesmiths forge a canister Damascus knife using only steel wool and 1095 powder.

8.00 American Pickers New edition Mike meets a passionate Connecticut picker with major inventory.

9.00 Kevin Costner's The West New edition How the abduction of Cynthia Ann Parker triggered a series of confrontations.

10.00 Secrets in the Dark New edition How the cave's eerie acoustics are associated with supernatural phenomena.

11.00 **Secrets in the Ice** Why humans are frozen in time.
12.00 M'T **Close Encounters Down Under** Melbourne's long history of UFO sightings.
12.55 AM **Secrets Declassified with David Duchovny**
1.50 **Kevin Costner's The West**
2.50 **Full Custom Garage**
3.40 **Pawn Stars** A ceramic owl.
4.25 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great Continental Railway Journeys**
7.10 **Great American Railroad Journeys** The US rail network.
8.00 **Bangers & Cash**
10.00 **True Evil: Making of a Nazi**
11.00 **Nazi Hunters** As 5.00pm.
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash**
4.00 **True Evil: Making of a Nazi** A profile of Albert Speer.
5.00 **Nazi Hunters** Attempts to capture Joachim Peiper.
6.00 **Antiques Roadshow** From the Royal Hall, Harrogate.

7.00 Cornwall with Simon...

7.00 Cornwall with Simon Reeve The explorer travels through Cornwall as the county emerged from the first lockdown.

8.00 Indian Ocean with Simon Reeve The fourth leg of Simon's journey sees him travelling from Oman to the Maldives.

9.00 The Lakes with Simon Reeve The adventurer explores the beautiful and unique landscapes of the Lake District.

10.00 Bangers & Cash Derek, with help from the clan, drags a mini pickup out of the barn where it has been for 20 years.

11.00 **Bangers & Cash** Featuring a beautiful looking sports car that has been fooling punters.
12.00 M'T **Find It, Fix It, Flog It** Simon and Henry head to an old World War Two airfield.
1.00 AM **Abandoned Engineering**
2.00 **to 3.00** AM **Great Continental Railway Journeys**

+1 hour 255 329

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Drive It** A Morris ambulance.
7.00 **Salvage Hunters: Classic Cars**
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Repair Shop**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
5.00 **Find It, Fix It, Drive It**
6.00 **Wheeler Dealers**
7.00 **The Repair Shop**
8.00 **Ant Anstead: Born Mechanic** A Fiat 500.
9.00 **Shed and Buried: Classic Cars** New edition
10.00 **MotoGP Highlights** The Grand Prix of Indonesia.
11.00 **British Superbikes**
12.00 M'T **How Do They Do It?**
1.00 AM **Shed and Buried: Classic Cars**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress**
7.00 **Curvy Brides Boutique**
8.00 **Say Yes to the Dress**
10.00 **Say Yes to the Dress: Atlanta** Double bill.
11.00 **Judge Rinder's Crime Stories** Julie Archer.
12.00 NOON **Betrayed**
1.00 PM **Still a Mystery**
2.00 **Murder on CCTV**
3.00 **A Killer's Mistake**
4.00 **American Monster**
6.00 **Murder Chose Me**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV**
9.00 **On the Case with Paula Zahn** New edition The murder of a mother and grandmother.
10.00 **Nurses Who Kill**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** A couple's murder.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Fatal Attraction** Missing Trina Winston's family fear that she has fallen back into drug habits.
8.00 **Murder by the Sea** The case of Charlotte Pinkey, who disappeared after going to a party.
9.00 **48 Hours** A look at the murder cases of two young women who were killed 10 months apart.
10.00 **Murder UK** New edition A look into the case of Tai O'Donnell, a gifted 19-year-old who entered a volatile relationship.
11.00 **Killer Kids** A 14-year-old who planned a killing spree at his school.
12.00 M'T **Handsome Devils**
1.00 AM **48 Hours**
2.00 **Murder UK**
3.00 **Murder by the Sea**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Murder UK**
10.00 **Uncovering Melanie's Murderer**
11.00 **48 Hours** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Storm of Suspicion**
4.00 **48 Hours**
5.00 **Medical Detectives**
7.00 **Judge Judy** A man submits evidence of a break-in, chase and assault by his ex-lover. **7.25** An online hook-up ends badly when a man's car is vandalised. **7.50** An angry car owner in pursuit of his repoed car causes an accident. **8.15** A man claims a dog seller rushed the sale of a puppy. **8.40** A man's holiday with his girlfriend sets off a series of events.
9.05 **Judge Judy** Real-life small-claims cases.
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Road Wars**
7.00 **Stop, Search, Seize**
8.00 **Motorway Patrol**
9.00 **Send in the Dogs**
10.00 **The Real Manhunter**
11.00 **Catching the Killer**
12.00 NOON **How I Caught...**
1.00 PM **Britain's Most Evil...**
2.00 **Killer in My Village**
3.00 **Catching the Killer**
4.00 **World's Most Evil Killers**
5.00 **How I Caught the Killer**
6.00 **Catching the Killer**
7.00 **Britain's Most Evil Killers**
8.00 **Murder in Slow Motion: The Shana Grice Story**
9.00 **There's Something Wrong with Aunt Diane**
10.55 **Britain's Most Evil Killers**
12.00 **Murdered at First Sight**
1.00 AM **How I Caught the Killer** Carlson.
2.00 **Killer in My Village**
3.00 **Murdered at First Sight**
4.00 **Border Security USA**
5.00 **to 6.00** AM **Brit Cops: Rapid Response**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of the Scottish Islands**
8.40 **WWII in Colour: Road to Victory**
9.50 **Conquistadors: The Rise and Fall**
10.45 **Rise of the Freemen**
1.00 PM **Wellington v Napoleon: Aftermath of Waterloo**
2.10 **WWII in Colour: Road to Victory**
3.20 **Conquistadors: The Rise and Fall**
4.25 **Rise of the Freemen**
6.40 **Wellington v Napoleon: Aftermath of Waterloo**
7.50 **WWII in Colour: Road to Victory** In 1944, war-torn France reaches a crisis point.
9.00 **Conquistadors: The Rise and Fall**
10.05 **Massacre in Vietnam: My Lai** Documentary.
12.00 M'T **Conquistadors: The Rise and Fall**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Eyes on the Prize III**
7.00 **Discovering: Angela Bassett**
8.00 **The Directors**
9.00 **The 2000s** Documentary.
10.00 **The Civil War**
11.00 **Stax: Soulsville USA**
12.00 NOON **The Man Who Stole The Scream** The theft of Edvard Munch's painting.
2.00 PM **Obama: In Pursuit of a More Perfect Union**
4.00 **Discovering: Angela Bassett**
5.00 **The Directors**
6.00 **The 2000s** Documentary.
7.00 **The Civil War** The series of battles waged during 1864.
8.00 **The Essex Murders: Who Killed Goldfinger?** The 2015 murder of John Palmer.
9.00 **The Cheshire Murders**
11.20 **Baby God** The children of a fertility doctor who personally inseminated his patients.
12.50 AM **Money Electric: The Bitcoin Mystery**
2.50 **Fake Famous** Documentary.
4.30 **Premier League Legends**
5.00 **to 6.00** AM **Discovering: Angela Bassett**

Sky Nature

145 113/114 189 354 369

6.00 AM **Ocean Parks**
7.00 **Monkey Life** Double bill.
8.00 **Rooted** As 2.00pm.
9.00 **My Best Friend's an Animal**
10.00 **The Wild Wild East**
11.00 **Ireland's Wild Islands with Eoin Warner**
12.00 NOON **New Kids in the Wild**
1.00 PM **Monkey Life** Double bill.
2.00 **Rooted** The southern Kalahari.
3.00 **My Best Friend's an Animal**
4.00 **The Wild Wild East**
5.00 **Hope for Wildlife**
6.00 **New Kids in the Wild**
7.00 **Monkey Life** Double bill.
8.00 **Predators** Polar bears.
9.00 **Snow Leopards with Dan O'Neill** Documentary.
10.00 **New Kids in the Wild**
11.00 **Hope for Wildlife**
12.00 M'T **Ireland's Wild Islands with Eoin Warner**
1.00 AM **Ocean Parks**
2.00 **Predators** As 8.00pm.
3.00 **Snow Leopards with Dan...**
4.00 **Rooted** As 2.00pm.
5.00 **to 6.00** AM **My Best Friend's an Animal**

Sky History 2

163/168 143 186

6.00 AM **Secrets Declassified with David Duchovny**
7.00 **Bradley Walsh: Egypt's Cosmic Code**
8.00 **The Proof Is Out There**
9.00 **The Sound and the Fury**
11.00 **Ancient Aliens: Origins**
1.00 PM **Alien Files: Unsealed**
2.00 **Walking Through History**
3.00 **Digging for Britain**
4.00 **Secrets Declassified with David Duchovny**
5.00 **Bradley Walsh: Egypt's Cosmic Code** Visiting Ancient Egypt's greatest monuments.
6.00 **The Proof Is Out There**
7.00 **The Sound and the Fury** Key events of World War Two.
9.00 **Gangland Chronicles** The Rollin' 60s Neighborhood Crips gang. **9.30** The Cleveland crime family.
10.00 **Secrets of the Hells Angels**
11.00 **Ancient Aliens: Origins**
1.00 AM **Alien Files: Unsealed**
2.00 **Walking Through History**
3.00 **Digging for Britain**
4.00 **Weird Britain** Documentary.
5.00 **to 6.00** AM **Rust Valley Restorers**

Crime+Investigation

156 142 133

6.00 AM **Imperfect Murder**
7.00 **Homicide Hunter**
9.00 **Murdertown** David Harker.
10.00 **Buried in the Backyard**
11.00 **Hometown Tragedy**
12.00 NOON **Meet, Marry, Murder**
1.00 PM **Somebody's Hiding Something** Patrick McRae.
2.00 **Judge Rinder**
3.00 **Robbie Coltrane's Critical Evidence** Lorenzo Simon.
4.00 **Murdertown** Louise Smith.
5.00 **When Missing Turns to Murder**
6.00 **Imperfect Murder**
7.00 **Green Eyed Killers**
8.00 **Somebody's Hiding Something**
9.00 **Laura Whitmore on Britain's Killer Teens**
10.00 **Cold Case UK**
11.00 **The Killer Interview**
12.00 M'T **Somebody's Hiding...**
1.00 AM **Laura Whitmore on Britain's Killer Teens**
2.00 **When Missing Turns to Murder**
3.00 **Meet, Marry, Murder**
4.00 **When Missing Turns to Murder**
5.00 **to 6.00** AM **Buried in the...**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Something Bit Me**
10.00 **Investigation Shark Attack**
11.00 **Heartland Docs**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Critter Fixers: Country Vets**
3.00 **Savage Kingdom**
4.00 **Secrets of the Zoo**
5.00 **The Incredible Dr Pol**
6.00 **Critter Fixers: Country Vets** The vets help a seizing dog. **7.00** New editions Compilation of highlights from the series focusing on cats. **8.00** Compilation of highlights focusing on dogs.
9.00 **Africa's Deadly Kingdoms** The wildlife of Africa's deserts.
10.00 **Lawless Island** Squibb attempts to build an incinerator to solve the community's waste management problem.
11.00 **Ice Road Rescue**
12.00 M'T **Something Bit Me**
1.00 AM **Swamp Men**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet** Documentary.
4.00 **to 5.00** AM **Africa's Deadliest**

Discovery History

174 147 181 320 325

7.00 AM **Life After: Chernobyl**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers: Reloaded**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Life After: Chernobyl** How wildlife has been affected after years in the contamination area.
9.00 **Mummies Unwrapped** Ramy Romany examines well-preserved bodies from more than 2,000 years ago.
10.00 **How Do They Do It?** Paris sewers and cotton manufacture. **10.30** A device that removes rain water from sports fields, allowing play to resume faster.
11.00 **Massive Engineering Mistakes**
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **Inside the Ambulance**
2.00 PM **Inside the Ambulance** Anna and Stuart head to the home of a former soldier. **3.00** V and Ollie race to a rugby pitch to help a man who has had a seizure. **4.00** Jamie and Jason see a familiar face when they are called to the home of his elderly grandfather.
5.00 **Secret Army** *Lisa – Code Name Yvette:* 1/16. Lifeline's activities start to attract attention as London sends an agent to coordinate their efforts. **6.10** *Sergeant on the Run:* 2/16. A group of fugitives are caught and shot, except for one timid sergeant, who is held by Kessler. **7.20** *Radishes with Butter:* 3/16. Curtis brings funds from England for Lifeline, and gets involved both with a Jewish family and Yvette. (S1)
8.30 **Secret Army** Seven episodes.
4.20 **to 6.00** AM **Great British Railway Journeys**

+1 hour 266 376

ID

154 141 166

8.00 AM **Married with Secrets**
9.00 **People Magazine Investigates**
11.00 **American Monster**
12.00 NOON **Disappeared**
1.00 PM **Evil Online** Double bill.
3.00 **American Monster**
4.00 **Evil Lives Here**
5.00 **Diabolical: Deadly Love**
6.00 **Married to Evil**
7.00 **The Lies That Bind** The owner of a business took a trip to meet a woman, but when he went missing, police believed something sinister happened.
8.00 **Deadly Secrets** A tight-knit Mississippi family torn apart after an affair was uncovered.
9.00 **Mean Girl Murders** Things turn deadly serious when a new girl joins an alternative high school.
10.00 **On the Case with Paula Zahn**
11.00 **Two Shallow Graves**
12.00 M'T **Betrayed** Double bill.
2.00 AM **Diabolical: Deadly Love**
3.00 **Married to Evil**
4.00 **The Lies That Bind**
5.00 **to 6.00** AM **Deadly Secrets**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Massive Engineering Mistakes** Documentary.
7.00 **Texas Metal** A 1973 El Camino.
8.00 **Motor Pickers** Double bill.
9.00 **Kindig Customs**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Kindig Customs**
4.00 **Fifth Gear** The Tesla Model 3.
5.00 **Salvage Hunters: Classic Cars**
6.00 **Motor Pickers** Double bill.
7.00 **Shed and Buried**
8.00 **Fifth Gear** The Ford Mustang.
9.00 **Richard Hammond's Big** Richard joins the crew of the *Marie Maersk* container ship.
10.00 **Kindig Customs**
11.00 **Shed and Buried**
12.00 M'T **Fifth Gear**
1.00 AM **Roadworthy Rescues**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Speed Is the New Black**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **Sky Cinema Preview**
7.00 **Love Hurts** As 4.25am.
8.35 **Code 3** As shown at 4.10pm.
10.25 **It Feeds** As 12.25am.
12.15 PM **Bridget Jones: Mad About the Boy** As 8.00pm.
2.25 **Panda Plan** Action comedy. (2024, 15, 99min) ★★★
4.10 **Code 3** Action comedy. (2025, 15, 104min) ★★★★
6.00 **Novocaine** Comedy with Jack Quaid and Ray Nicholson. (2024, 15, 80min) ★★★

6.00 Novocaine

8.00 **Bridget Jones: Mad About the Boy** Romantic comedy starring Renée Zellweger. Recently widowed Bridget Jones enters the dating game once again, caught between her son's science teacher and a man 20 years her junior. (2024, 15, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Nosferatu** Horror starring Bill Skarsgård and Lily-Rose Depp. A troubled woman forms a telepathic bond with a mysterious Count. (2024, 15, 132min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **It Feeds** Horror with Shawn Ashmore and Ashley Greene. (2025, 15, 102min) ★★★
2.15 **Spin the Bottle** Horror starring Kaylee Kaneshiro. (2024, 15, 119min) ★★
4.25 **to 6.00** AM **Love Hurts** Comedy starring Ke Huy Quan. (2025, 15, 83min) ★★

Sky Cinema Hits

303 303 403 503 517

6.25 AM **Sky Cinema Preview**
7.00 **Snow White and the Huntsman** (2012, 12) ★★★
9.10 **The Huntsman: Winter's War**
11.10 **Hotel Transylvania** (2012)
12.55 PM **Hotel Transylvania 2** Animation. (2015, U) ★★★
2.40 **Hotel Transylvania 3: Summer Vacation** (2018, U) ★★
4.25 **Rise of the Guardians** Animation. (2012, PG) ★★★★
6.10 **Horrible Bosses** Comedy. (2011, 15, 93min) ★★★

8.00 Pitch Perfect

8.00 **Pitch Perfect** Musical comedy set in the world of American college a cappella singing, starring Anna Kendrick. A wannabe DJ tries to shake up her college's all-female singing group. With Rebel Wilson. (2012, 12, 112min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Pitch Perfect 2** Comedy sequel with Anna Kendrick. The Barden Bellas try to recover from a disastrous performance by winning the World Championships of A Cappella. (2015, 12, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Pitch Perfect 3** Comedy sequel starring Anna Kendrick. (2017, 12, 93min) ★★★
1.45 AM **Congo** Jungle adventure. (1995, 12, 108min) ★★★
3.35 **Parenthood** Comedy drama. (1989, 15, 124min) ★★★★
5.45 **to 6.25** AM **Sky Cinema Preview**

Sky Cinema Drama

310 310 410 510 524

6.55 AM **There Will Be Blood** Drama. (2007, 15, 158min) ★★★★★
9.45 **Nobody's Fool** As 2.55am.
11.45 **Flashdance** Dance drama. (1983, 15, 96min) ★★★
1.35 PM **Dear John** Romantic drama. (2010, 12, 108min) ★★
3.35 **Dreamgirls** Musical adaptation. (2006, 12, 130min) ★★★★
5.55 **Lee** Biopic starring Kate Winslet. (2023, 15, 117min) ★★★

8.00 **Valentine's Day** Romantic comedy starring Ashton Kutcher, Jennifer Garner, Anne Hathaway and Julia Roberts. (2010, 12, 125min) ★★★
10.05 **Love Actually** Romantic comedy starring Hugh Grant, Bill Nighy, Laura Linney and Liam Neeson. In the run-up to Christmas, love changes the lives of a host of different characters, ranging from the prime minister to a faded rock star. (2003, 15, 135min) ★★★

12.25 AM **The Fisher King** Fantasy starring Robin Williams. (1991, 15, 137min) ★★★★★
2.45 **Fifty Shades Freed** Thriller sequel. (2018, 18, 105min) ★
4.35 **to 6.35** AM **Dallas Buyers Club** Fact-based drama. (2013, 15, 114min) ★★★★

Sky Cinema Science Fiction

311 311 411 511 525

6.40 AM **Dark Skies** As 3.35am.
8.30 **R.I.P.D** As shown at 1.55am.
10.15 **A.I. Artificial Intelligence** Sci-fi fantasy. (2001, 12) ★★★★
12.45 PM **Godzilla x Kong: The New Empire** Fantasy adventure sequel. (2023, 12, 115min) ★★★
2.50 **Unhinged** Psychological thriller. (2020, 15, 90min) ★★★
4.30 **Cloverfield** Offbeat disaster movie. (2007, 15, 81min) ★★★

6.05 **10 Cloverfield Lane** Thriller with Mary Elizabeth Winstead. (2016, 12, 103min) ★★★★
8.00 **Mad Max: Fury Road** Sci-fi thriller starring Tom Hardy. (2015, 15, 120min) ★★★★★
10.05 **28 Days Later** Horror thriller starring Cillian Murphy and Naomie Harris. A small group of people struggle to survive when a deadly virus devastates the UK, trapping its victims in a permanent state of murderous rage. (2002, 18, 113min) ★★★★

12.05 AM **Resident Evil: The Final Chapter** Action horror sequel. (2016, 15, 107min) ★★★
1.55 **R.I.P.D** Action comedy fantasy. (2013, 12, 96min) ★★★
3.35 **Dark Skies** (2013, 15) ★★★
5.15 **to 6.50** AM **Arcadian** Horror. (2024, 15, 92min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.55 AM **Nutty Professor II: The Klumps** (2000, 12) ★★★
8.50 **Teenage Mutant Ninja Turtles** Fantasy. (2014, 12) ★★
10.40 **Look Who's Talking Now** Comedy sequel. (1993, 12) ★
12.20 PM **The Nutty Professor** Comedy. (1996, 12) ★★★
2.00 **Pups United** Adventure. (2015, U, 89min) ★★★
3.35 **Hook** Fantasy. (1991, U) ★★★
6.00 **Zathura: A Space Adventure** Fantasy. (2005, PG) ★★★★

6.00 Zathura: A Space...

7.55 **The Huntsman: Winter's War** Fantasy adventure starring Chris Hemsworth and Jessica Chastain. Two warriors try to conceal their forbidden love as they battle the ice Queen Freya and her sister. (2016, 12, 114min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **The Wiz** Motown musical starring Diana Ross as a Harlem schoolteacher spirited to a fantasy New York City. With Michael Jackson. (1978, U, 133min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Ella Enchanted** Fantasy adventure starring Anne Hathaway and Hugh Dancy. (2004, PG, 96min) ★★★
2.20 **Reuniting the Rubins** Comedy. (2010, PG, 98min) ★
4.10 **to 6.15** AM **The Three Musketeers: Milady** Adventure sequel starring François Civil. (2023, 12, 115min) ★★★★

Sky Cinema Action

307 307 407 507 521

8.00 AM **One More Shot** Thriller. (2023, 15, 102min) ★★
9.45 **Jack Reacher** Action thriller. (2012, 15, 130min) ★★★
12.05 PM **Jack Reacher: Never Go Back** Action thriller sequel. (2016, 12, 118min) ★★★
2.15 **Enter the Dragon** Thriller. (1973, 18, 97min) ★★★★
4.05 **The Green Hornet** Fantasy. (2011, 12, 118min) ★★★
6.10 **Rampage** Fantasy adventure. (2018, 12, 107min) ★★★

8.00 Troy

8.00 **Troy** War drama starring Brad Pitt, Eric Bana and Orlando Bloom. When Trojan prince Paris elopes with Greek royal consort Helen, Greek king Agamemnon conspires to retrieve her as a pretext for invading and conquering Troy. With Brian Cox and Sean Bean. (2004, 15, 163min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

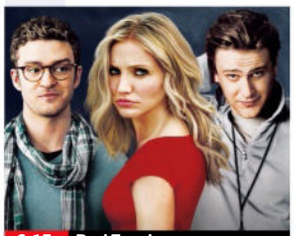
10.50 **Hellboy** Horror fantasy starring Ron Perlman. A demonic baby passes through a portal from hell to Earth and grows up to become humanity's secret champion. (2004, 12, 122min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.10 AM **Total Recall** Sci-fi thriller remake starring Colin Farrell. (2012, 12, 113min) ★★★
3.10 **Pompeii** Roman-era disaster movie. (2014, 12, 104min) ★★
5.00 **to 7.15** AM **Shooter** Thriller. (2007, 15, 125min) ★★★★

Sky Cinema Comedy

308 308 408 508 522

7.30 AM **The Men Who Stare at Goats** (2009, 15) ★★★
9.05 **Mr Deeds** (2002, 12) ★★★
10.55 **The Hangover** Dark comedy. (2009, 15, 99min) ★★★★
12.40 PM **The Hangover Part II** Comedy sequel. (2011, 15) ★★
2.25 **The Hangover Part III** Comedy sequel. (2013, 15, 100min) ★★
4.10 **Crazy Rich Asians** Comedy. (2018, 12, 120min) ★★★★
6.15 **Bad Teacher** Comedy. (2011, 15, 92min) ★★★


6.15 Bad Teacher

8.00 **The Nutty Professor** Comedy starring Eddie Murphy as a shy, obese college professor who is transformed into a slim, sharp-tongued ladykiller. With Jada Pinkett Smith. (1996, 12, 95min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 **Nutty Professor II: The Klumps** Comedy sequel starring Eddie Murphy and Janet Jackson. An overweight college professor decides to rid himself of his alter ego. (2000, 12, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **Galaxy Quest** Sci-fi comedy starring Tim Allen, Sigourney Weaver and Alan Rickman. (1999, PG, 102min) ★★★★
1.15 AM **Superbad** Teen comedy. (2007, 15, 113min) ★★★★
3.10 **Horrible Bosses** Comedy. (2011, 15, 93min) ★★★
4.55 **to 6.40** AM **Role Models** Comedy starring Paul Rudd. (2008, 15, 99min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **Dangerous Waters** Thriller. (2023, 15, 101min) ★★★
7.50 **Caddo Lake** Crime thriller. (2024, 12, 99min) ★★★
9.45 **Greedy People** Comedy. (2024, 15, 113min) ★★★★
11.45 **Inferno** (2016, 12) ★★★
1.50 PM **The Bikeriders** Drama. (2023, 15, 116min) ★★★★
3.50 **Escape from Alcatraz** Drama. (1979, 15, 112min) ★★★★
5.50 **In the Line of Fire** Thriller. (1993, 15, 127min) ★★★★

10.15 Eye in the Sky

8.00 **The Perfect Storm** Fact-based action drama starring George Clooney and Mark Wahlberg. In October 1991, six New England fishermen get caught in a terrifying storm. With Mary Elizabeth Mastrantonio and John C Reilly. (2000, 12, 129min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **Eye in the Sky** Thriller starring Helen Mirren and Alan Rickman. A mission to wipe out a terrorist cell is complicated when a girl enters the blast radius of a planned drone strike. (2015, 15, 112min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Now You See Me** Heist thriller with Jesse Eisenberg. (2013, 12, 115min) ★★★
2.00 AM **Lawless** Crime drama. (2012, 18, 111min) ★★★★
4.00 **to 6.00** AM **Contraband** Thriller with Mark Wahlberg. (2012, 15, 105min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Desert Fox** Biopic. (1951, b/w, PG, 88min) ★★★
12.50 PM **Anastasia** Historical drama. (1956, U, 105min) ★★★
3.00 **Pool of London** Police thriller. (1950, b/w, PG, 85min) ★★
4.45 **Rio Grande** John Ford Western starring John Wayne. (1950, b/w, U, 107min) ★★★★
6.50 **Flight of the Phoenix** Action adventure with Dennis Quaid. (2004, 12, 113min) ★★★

9.00 Top Gun: Maverick

Flight of the Phoenix (film started at 6.50pm) **8 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Top Gun: Maverick** Action drama sequel starring Tom Cruise. Pete 'Maverick' Mitchell gets called back to the Top Gun academy, where he must train a new band of recruits for a deadly mission. (2022, 12, 130min) ★★★★ **9 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

11.35 **PREMIERE** **Io Capitano** Drama starring Seydou Sarr and Moustapha Fall. Two boys leave Dakar to reach Europe for a better life. Subtitled. (2023, 15, 121min) ★★★ **11 PM**
1.55 **to 3.55** AM **The Guard** Comedy thriller starring Liam Cunningham, Brendan Gleeson and Don Cheadle. (2011, 15, 96min) ★★★★

+1hour 314 430 47 301 257

Sky Cinema Halloween

302 302 402 502 516

6.45 AM **Sick** As shown at 5.35pm.
8.20 **The Front Room** As 7.10pm.
10.00 **Speak No Evil** Horror thriller. (2024, 15, 110min) ★★★★
11.55 **The Ring** Horror chiller. (2002, 15, 115min) ★★★
1.55 PM **The Ring Two** Horror chiller sequel. (2004, 15, 110min) ★★★
3.55 **Ouija** Horror chiller starring Olivia Cooke and Ana Coto. (2014, 15, 87min) ★★

5.35 **Sick** Horror starring Gideon Adlon. (2022, 18, 83min) ★★★
7.10 **The Front Room** Thriller starring Brandy Norwood. (2024, 15, 94min) ★★
9.00 **Gothika** Horror chiller starring Halle Berry as a psychiatrist who ends up as an inmate at the prison where she works after she is accused of murder. (2003, 15, 98min) ★★★
10.40 **Zombieland** Horror comedy starring Woody Harrelson. (2009, 15, 84min) ★★★★

12.10 AM **Zombieland: Double Tap** Horror sequel. (2019, 15) ★★★
1.50 **Hollow Man** Sci-fi thriller. (2000, 18, 113min) ★★★
3.45 **Strange Darling** Thriller. (2023, 18, 97min) ★★★★
5.25 **to 7.15** AM **The Parenting** Horror. (2025, 15, 94min) ★★★

Sky Cinema Greats

304 304 404 504 518

6.00 AM **Brewster's Millions** (1985)
7.55 **Dad's Army** Comedy spin-off. (1971, U, 95min) ★★★★
9.45 **Parenthood** As 5.45pm.
11.55 **HouseSitter** Romantic comedy. (1992, PG, 102min) ★★★
1.50 PM **Twins** Action comedy. (1988, PG, 107min) ★★★
3.50 **Brewster's Millions** Comedy starring Richard Pryor and John Candy. (1985, PG, 97min) ★★★

5.45 **Parenthood** Comedy drama. (1989, 15, 124min) ★★★★
8.00 **The Blues Brothers** Comedy starring John Belushi and Dan Aykroyd as brothers who get their old R&B band back together to save an orphanage. (1980, 15, 135min) ★★★★★
10.25 **See No Evil, Hear No Evil** Comedy thriller starring Gene Wilder and Richard Pryor as two men arrested for a murder they didn't commit. (1989, 15, 107min) ★★★

12.10 AM **Sixteen Candles** Teen comedy starring Molly Ringwald. (1984, 12, 89min) ★★★
2.00 **Midnight Run** Comedy thriller. (1988, 18, 122min) ★★★★
4.10 **to 6.25** AM **True Grit** Western starring John Wayne. (1969, PG, 128min) ★★★★★

Sky Cinema Animation

305 305 412 500 514

6.20 AM **The Canterville Ghost** Animation. (2023, PG) ★★
7.55 **Madagascar: Escape 2 Africa** Animation. (2008, PG) ★★★
9.30 **Rugrats in Paris** Animation. (2000, U, 79min) ★★★
10.55 **Smallfoot** Animated adventure. (2018, U, 96min) ★★★
12.40 PM **Hotel Transylvania 2** Animated comedy sequel. (2015, U, 89min) ★★★

2.15 **Turbo** Animated adventure. (2013, U, 92min) ★★★★
4.00 **Rugrats Go Wild** Animated comedy. (2003, U, 81min) ★★★
5.35 **Hotel Transylvania 3: Summer Vacation** Animated sequel. (2018, U, 97min) ★★
7.25 **Captain Underpants** Animation. (2017, U, 89min) ★★★★
9.10 **The Wild Thornberrys Movie** Animated family adventure. (2002, U, 85min) ★★★★
10.50 **Over the Hedge** Animation. (2006, U, 83min) ★★★★

12.30 AM **The Swan Princess** Animation. (1994, U) ★★★
2.15 **Noah's Ark** Animated adventure. (2024, U, 96min) ★★★
4.05 **Open Season: Scared Silly** Animation. (2015, PG) ★★★
5.45 **to 7.25** AM **Barnyard** Animated comedy. (2006, PG, 90min) ★

Christmas 24

312 313 419

7.00 AM **#Xmas** Festive comedy. (2022, PG, 90min) ★★
9.00 **Our Holiday Story** Festive drama. (2024, PG, 84min) ★★
11.00 **A Christmas Star** Romantic drama. (2021, PG, 84min) ★★
1.00 PM **Deck the Walls** Festive drama. (2024, PG, 90min) ★★
3.00 **Three Wise Men and a Baby** Comedy starring Paul Campbell. (2022, PG, 90min) ★★

5.00 **A Biltmore Christmas** Fantasy. (2023, PG, 90min) ★★
7.00 **A Maple Valley Christmas** Romantic drama starring Peyton List and Andrew W Walker. (2022, PG, 85min) ★★
9.00 **A Fabled Holiday** Romantic fantasy starring Brooke D'Orsay. Two childhood best friends are reunited in a magical town that returns people to their happiest time. (2022, PG, 90min) ★★
11.00 **The Secret Gift of Christmas** Drama. (2023, PG, 90min) ★★

1.00 AM **Christmas Under the Lights** Festive romantic drama. (2024, PG, 90min) ★★
3.00 **to 5.00** AM **Ghosts of Christmas Always** Fantasy comedy. (2022, PG, 90min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Johnny Ringo** 12/38. (S1)
6.30 **Look at Life** Documentary.
6.45 **Recoil** (1953, b/w, PG) ★★
8.15 **Happy Hampstead**
8.30 **Out of Town** Documentary.
9.00 **The Hostage** Crime thriller. (1956, b/w, PG, 80min) ★★
10.30 **Look at Life** Documentary.
10.45 **The Painted Smile** Thriller. (1961, PG, 61min) ★★
12.00 NOON **Dixon of Dock Green**

1.05 PM **The Great Van Robbery** Thriller. (1958, PG, 75min) ★★
2.25 **Man on the Run** Thriller. (1949, b/w, PG, 82min) ★★
4.05 **Where Strangers Meet**
4.25 **The Beverly Hillbillies** (S2)
4.55 **Scotland Yard** 34/39. (S1)
5.30 **Bonanza** 3/34. (S2)
6.30 **The Vise** 14/39. (S1)
7.00 **The Footage Detectives**
8.00 **Francis Durbridge's Melissa**
9.05 **Gideon's Way** 1/26. (S1)
10.05 **The Deadly Affair** Thriller. (1966, PG, 107min) ★★★

12.15 AM **The Light at the Edge of the World** Maritime adventure. (1971, PG, 119min) ★★★
2.45 **The Killings at Outpost Zeta** Thriller. (1980, 15, 92min) ★★
4.35 **Jimmy Edwards at the Tivoli**
5.25 **to 6.00** AM **The Life and Legend of Wyatt Earp**

Monday

Sky Sports Main Event

401 401 511 501 419 439

5.30 AM **LIVE WTA & ATP Tennis** The ATP Shanghai Masters and the WTA Wuhan Open held at Qizhong Forest Sports City Arena and Optics Valley International Tennis Center respectively.
10.00 **LIVE ICC Women's World Cup New Zealand v South Africa.** The group match from Holkar Cricket Stadium, Indore.
5.30 PM **The Premier League Show**
6.00 **LIVE World Grand Prix Darts** Coverage of opening day of the event at Leicester Arena, featuring first-round matches. Luke Littler's tournament came to an early end at this stage last year when he was beaten 2-1 by Rob Cross, and Luke Humphries got his defence of the title under way with a victory over Stephen Bunting by the same scoreline.
11.00 **Sky Sports News**
1.00 AM **LIVE NFL Jacksonville Jaguars v Kansas City Chiefs.** The week five match at EverBank Stadium. Kick-off is at **1.15am**.
4.30 **to 5.30** AM **LIVE WTA Tennis** Coverage of the second day of the Wuhan Open staged at Optics Valley International Tennis Center.

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **Premier League Highlights** Bournemouth v Fulham. **6.30** Arsenal v West Ham United. **7.00** Chelsea v Liverpool. **7.30** Aston Villa v Burnley. **8.00** Action from Newcastle United v Nottingham Forest. **8.30** Everton v Crystal Palace.
9.00 **Ref Watch** Refereeing decisions.
10.00 **Sky Sports FC**
12.00 NOON **Premier League Highlights** Action from Wolverhampton Wanderers v Brighton & Hove Albion. **12.30** PM Highlights from Brentford v Manchester City.
1.00 **Premier League Years**
3.00 **PL Retro** Manchester United v Manchester City from 2009.
5.00 **The Premier League Show**
7.00 **Premier League Review**
8.00 **Ref Watch** Refereeing decisions.
8.30 **Match Officials Mic'd Up**
9.00 **Premier League Review**
10.00 **Premier League Icons**
10.30 **Iwobi & Bassey**
10.45 **Premier League Fan Q&A**
11.00 **Premier League Years**
1.00 AM **PL Retro** Chelsea v Manchester United from 2011/12.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **PL Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Cup Retro**
8.45 **EFL Greatest Games**
9.00 **SPFL Round-Up**
9.15 **SPFL Highlights**
9.30 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **EFL Rivalries**
12.00 NOON **EFL** Ipswich v Norwich.
2.00 PM **SPFL Round-Up**
2.15 **SPFL Highlights**
2.30 **EFL League One Goals**
3.00 **EFL League Two Goals**
3.30 **EFL Highlights** Championship.
4.30 **WSL** Manchester City v Arsenal.
5.00 **SPFL Round-Up**
5.15 **SPFL Highlights**
5.30 **EFL League One Goals**
6.00 **EFL League Two Goals**
6.30 **Bundesliga Highlights Show**
7.30 **LIVE EFL Harrogate Town v Crewe Alexandra.** Coverage of the League Two match staged at Wetherby Road. Kick-off **8.00pm**.
10.30 **Bundesliga Highlights Show**
11.30 **EFL Greatest Games**
12.00 M'T **Championship Retro**
2.45 AM **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.00 **Best Scottish Premiership Goals 2021/22**
5.30 **to 6.00** AM **SPFL**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **ICC Women's World Cup** Highlights of India v Pakistan. **7.00** England v South Africa. **8.00** Sri Lanka v Australia. **9.00** Action from India v Pakistan.
10.00 **LIVE ICC Women's World Cup New Zealand v South Africa.** Coverage of the group match at Holkar Cricket Stadium, Indore. New Zealand have won the World Cup just once when they beat Australia at the 2000 event, a tournament that they also hosted. South Africa have never won this competition before and have been beaten in the semi-finals on the last two occasions.
5.45 PM **ICC Women's World Cup 2017** Archive highlights.
6.30 **ICC Women's World Cup** Highlights from India v Pakistan. **7.30** Sri Lanka v Australia. **8.30** New Zealand v South Africa.
9.30 **ICC Women's World Cup 2017** Action from England v Australia.
10.00 **ICC Women's World Cup** Highlights from India v Pakistan. **11.00** New Zealand v South Africa at Holkar Cricket Stadium.
12.00 M'T **to 6.00** AM **ICC Women's World Cup**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **DP World Tour Golf** The Alfred Dunhill Links Championship.
11.30 **LPGA Tour Golf** The fourth day of the LOTTE Championship.
1.30 PM **PGA Tour Golf** Sanderson Farms Championship day four.
4.30 **Legends Tour Golf** Action from the European Legends Cup.
5.30 **Rose Ladies Series** Action from the Rose Ladies Open.
6.30 **DP World Tour Golf** The Alfred Dunhill Links Championship.
7.00 **PGA Tour Golf** Action from the Sanderson Farms Championship.
8.00 **Golf** British Par 3 Championship.
10.00 **DP World Tour Golf**
10.30 **Legends Tour Golf**
11.30 **PGA Tour Golf** Highlights.
12.30 AM **DP World Tour Golf**
5.00 **to 6.00** AM **PGA Tour Golf**

Sky Sports Tennis

408 408 537 520 425 445

5.30 AM **LIVE WTA & ATP Tennis** The ATP Shanghai Masters and the WTA Wuhan Open staged at Qizhong Forest Sports City Arena and Optics Valley International Tennis Center respectively.
4.30 PM **WTA Tennis** Cincinnati Open. **5.00** The WTA Beijing Open final.
6.00 **WTA & ATP Tennis** Action from the latest events on the Tours.
2.00 AM **Bitesize Tennis**
2.15 **ATP Tennis** Miami Open final.
2.30 **WTA Tennis** Miami Open.
2.45 **Bitesize Tennis**
3.00 **WTA Tennis** Beijing Open final.
4.00 **to 5.30** AM **LIVE WTA Tennis** Coverage of day two of the WTA Wuhan Open staged at Optics Valley International Tennis Center.

TNT Sports 1

410 413 521 408 430

6.00 AM **Premier League Review**
7.00 **Premier League: Big Interview**
7.30 **Premier League Stories**
8.00 **Premier League**
9.30 **Serie A** Action from Italy.
11.30 **Premier League Review**
12.30 PM **Men's Cycling Pro Series**
1.30 **Cycling European Championship**
2.30 **LIVE Men's Cycling Pro Series** The Bernocchi Cup, the one-day race in Legnano, Italy.
4.00 **Cycling European Championship**
5.00 **Premier League Stories**
5.30 **Premier League Review**
6.30 **British Speedway** Action from Sheffield Tigers v Leicester Lions in the second leg of the second play-off semi-final.
7.30 **LIVE British Speedway Leicester Lions v Ipswich Witches.** Coverage of the first leg of the Premiership Grand Final, held at Hydroscand Arena.
10.00 **Fight Week** A review of UFC 320 at T-Mobile Arena in Las Vegas.
10.30 **UFC** A chance to see Magomed Ankalaev v Alex Pereira.
1.30 AM **UFC Fight Flashback**
2.00 **UCI Mountain Bike World Series** From Lake Placid.
5.00 **to 6.00** AM **BMX Freestyle**

TNT Sports 2

411 414 522 409 431

6.00 AM **MotoGP** The Moto3, Moto2, MotoGP sprint and MotoGP races at the Grand Prix of Indonesia.
9.30 **MotoGP Chequered Flag**
10.30 **British Superbikes** Highlights from Oulton Park in Cheshire.
12.00 NOON **Motocross World Championship** Action from the Motocross of Nations event.
2.15 PM **UCI Mountain Bike World Series** From Lake Placid.
5.15 **BMX Freestyle** In Eindhoven.
6.15 **TNT Sports Meets** Owen Hargreaves meets Manchester United manager Ruben Amorim.
6.30 **Test Cricket Highlights** India v West Indies in the fifth and final day of the first Test in the two-match series from Narendra Modi Stadium in Ahmedabad.
7.30 **MLB Highlights** Baseball.
8.30 **MLB Lead Off** Featuring a look at the upcoming MLB action.
9.00 **LIVE MLB** Coverage of a game from the MLB Postseason.
12.30 AM **LIVE MLB** Coverage of an MLB Postseason fixture.
4.00 **MLB Closer** A look back at the best action from the MLB.
4.30 **MLB Plays of the Week**
5.00 **to 6.00** AM **MLB**

Sky Sports NFL

412 410 517 507 426 446

6.00 AM **NFL Highlights**
10.00 **NFL Bitesize Highlights**
10.45 **49 Hours** Behind the scenes.
11.00 **NFL Highlights**
12.00 NOON **NFL Bitesize Highlights**
1.00 PM **Good Morning Football**
3.00 **NFL Bitesize Highlights**
4.00 **NFL Highlights** Recent action.
6.00 **NBC's Pro-Football Talk**
8.00 **NFL Bitesize Highlights** Brief highlights of Cleveland Browns v Minnesota Vikings. **8.15** A week five match. **8.30** A game from week five. **8.45** Highlights from Buffalo Bills v New England Patriots.
9.00 **NFL Highlights** Buffalo Bills v New England Patriots.
10.00 **NFL Bitesize Highlights** Action from games played in week five.
11.00 **NFL Fantasy** Analysis.
12.00 M'T **NFL Highlights**
1.00 AM **LIVE NFL Jacksonville Jaguars v Kansas City Chiefs.** The week five match staged at EverBank Stadium in Jacksonville. The Chiefs have dominated this fixture in recent years having beaten the Jaguars on the last eight occasions. Kick-off **1.15am**.
4.30 **to 6.00** AM **NFL Highlights**

Sky Sports Sky Sports+

404 404 518 508 427 447

5.30 AM **LIVE WTA & ATP Tennis** Coverage of the ATP Shanghai Masters and the WTA Wuhan Open staged at Qizhong Forest Sports City Arena and Optics Valley International Tennis Center respectively. Eventual Shanghai champion Jannik Sinner had to come back from a set down to defeat Tomás Martín Etcheverry in round three last year.
4.30 PM **Sports Desk** Sports news.
5.00 **The Premier League Show**
6.00 **LIVE World Grand Prix Darts** Coverage of the opening day from Leicester Arena, featuring first-round matches. Luke Littler's tournament came to an early end at this stage in last year's event when he was beaten 2-1 by Rob Cross, and Luke Humphries got his defence of the title under way with a victory over Stephen Bunting by the same scoreline.
11.00 **Sky Sports News**
1.00 AM **EFL Cup Retro**
3.00 **Sky Sports News**
4.00 **to 5.30** AM **LIVE WTA Tennis** Coverage of day two of the WTA Wuhan Open staged at Optics Valley International Tennis Center.

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **Formula 1** Singapore Grand Prix.
8.00 **Women's Super League**
9.00 **ICC Women's World Cup**
10.00 **Women's Super League**
12.30 PM **The Rugby Championship**
1.00 **ICC Women's World Cup**
2.00 **PL Greatest Games**
3.00 **The Rugby Championship**
3.30 **Formula 1** Singapore Grand Prix.
4.30 **NRLW** The Grand Final.
5.30 **NRL** Highlights of the Grand Final.
6.30 **Women's Super League** Wigan Warriors v St Helens.
9.00 **WTA Tennis** Beijing Open final.
10.00 **PGA Tour Golf** Action from the Sanderson Farms Championship.
11.00 **Women's Super League**
12.00 M'T **DP World Tour Golf**
12.30 AM **NRLW** The Grand Final.
12.45 **NRL** Highlights of the Grand Final.
1.00 **Women's Super League**
1.15 **PL Greatest Games**
1.30 **Darts Features**
3.00 **EFL Greatest Games**
4.00 **DP World Tour Golf**
5.00 **to 6.00** AM **PGA Tour Golf**

TNT Sports 3

413 415 523 410 432

6.00 AM **LIVE Test Cricket India v West Indies.** The fifth and final day of the first Test at Narendra Modi Stadium in Ahmedabad.
1.00 PM **International T20 Cricket Highlights** New Zealand v Australia in a three-match series.
4.00 **MLB Highlights**
5.00 **Champions League Magazine**
5.30 **UEFA Champions League – Stories of the Finals**
6.00 **LIVE Ultimate Pool** Coverage from Group B of the last-16 phase of the eightball tournament.
9.30 **Serie A** Italian football action.
11.30 **Supertri E World Triathlon Championship** From Toulouse.
12.30 AM **UEFA Champions League Goals Reload** Highlights.
12.45 **Europa League Goals Reload**
1.00 **MotoGP** Grand Prix of Indonesia.
2.00 **MotoGP Chequered Flag**
3.00 **Champions League Highlights**
5.00 **to 6.00** AM **Europa League & Conference League Highlights**

TNT Sports 4

414 416 524 411 434

6.00 AM **The PREM** Highlights from Bath v Sale Sharks. **7.00** Highlights from Exeter Chiefs v Newcastle Red Bulls. **8.00** Leicester Tigers v Harlequins. **9.00** Saracens v Bristol Bears. **10.00** Highlights of Gloucester Rugby v Northampton Saints.
11.00 **UEFA Champions League Highlights Show** Recent action.
1.00 PM **MLB Highlights**
2.00 **MLB Plays of the Week**
2.30 **MotoGP** The Moto3, Moto2, MotoGP sprint and MotoGP races at the Grand Prix of Indonesia.
6.00 **MotoGP Chequered Flag**
7.00 **Supertri E World Triathlon Championship** In Toulouse.
8.00 **WNBA** Highlights from the second game of the WNBA finals.
9.00 **British Carp Angling Championship** Highlights.
10.00 **Men's Cycling Pro Series**
11.00 **Cycling** European Championship.
1.00 **to 6.00** AM **The PREM**

Premier Sports 1

419 551

6.00 AM **British Minibikes**
8.00 **FIA World Endurance Championship** From Fiji.
9.00 **LaLiga Match Highlights**
10.00 **Transworld Sport** Magazine.
11.00 **LaLiga Match Highlights**
11.30 **World Surf League**
12.30 PM **Mass Participation World**
1.30 **Motorsport** Valentino Rossi.
2.00 **NHL Tonight** Highlights.
4.00 **FIA World Endurance Championship** From Fiji.
5.00 **Transworld Sport** Magazine.
6.00 **Euro Le Mans Highlights**
7.00 **World Surf League**
8.00 **LaLiga Match Highlights**
9.00 **URC in 60** Round two.
10.00 **Mass Participation World**
11.00 **FIA World Endurance Championship** From Fiji.
12.00 M'T **Transworld Sport**
1.00 AM **World Surf League**
2.00 **Euro Le Mans Highlights**
3.00 **URC in 60** Round two.
4.00 **to 6.00** AM **British Minibikes**

Premier Sports 2

420 552

6.00 AM **NASCAR** Recent action.
10.00 **GP Confidential**
10.30 **Bike World** Magazine.
11.00 **LaLiga** Sevilla v Barcelona.
1.00 PM **LaLiga** Another chance to see Celta Vigo v Atlético Madrid.
3.00 **FastZone** Motorsports highlights.
3.30 **United Rugby Championship** Replay of Edinburgh v Ulster.
5.30 **United Rugby Championship** Benetton v Glasgow Warriors at the Stadio Comunale di Monigo.
7.30 **GP Confidential** Featuring all the latest Formula One news.
8.00 **LaLiga** Sevilla v Barcelona at the Estadio Ramón Sánchez-Pizjuán.
10.00 **LaLiga** Another chance to see Celta Vigo v Atlético Madrid staged at the Estadio de Balaídos.
12.00 M'T **Top 14 Rugby Union** A replay of Bayonne v Toulon.
2.00 AM **Bike World** Magazine.
2.30 **FastZone** Motorsports highlights.
3.00 **LaLiga** Osasuna v Getafe.
5.00 **to 6.00** AM **Temples of Sport**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **Formula 1** Another chance to see the Singapore Grand Prix.
10.30 **Ted's Notebook**
11.00 **BTS with Aston Martin**
11.30 **Formula 1** The Singapore Grand Prix first and second practices.
2.00 PM **The F1 Show**
3.00 **Formula 1** The Singapore Grand Prix third practice session.
4.15 **Jim Farley IV**
4.30 **Formula 1** Season highlights.
6.30 **Ted's Notebook**
7.00 **Formula 1** Singapore Grand Prix.
9.15 **Ted's Notebook**
9.45 **F1 Features**
10.00 **British GT Championship** The ninth round from Donington Park.
12.35 AM **F1 Features**
1.00 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Tuesday

7 October

Evening Planner

Drama

Murder Before Evensong
5, 9pm
Matthew Lewis stars as Canon Daniel Clement in this adaptation of the Rev Richard Coles' cosy murder mystery.

Comedy Drama

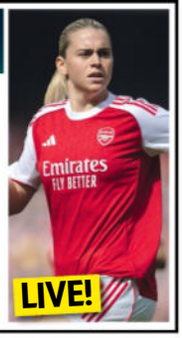
Film Club
BBC3, 10pm & 10.30pm (box set, iPlayer)
Aimee Lou Wood and Nabhaan Rizwan star as two platonic friends who meet up every week to watch a classic movie.

Reality

Worlds Apart
C4, 9.15pm
Gen Z rookie travellers are matched with more mature travel companions for a life-changing treasure hunt in Japan.

OnDemand

Women's Champions League
Kick-off 8pm
Arsenal begin the defence of their title tonight, against eight-time winners Lyon.



SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Stacey & Joe		9.00 Waterloo Road		10.00 News; Local News	
	102 BBC2	7.00 Nigella: At My...	7.30 Chronicles of...	8.00 Digging for Britain		9.00 QI XL	9.45 Live at the Apollo		10.30 Newsnight
	103 ITV1	◂ 6.30 News	7.30 Emmerdale	8.00 Love Your Garden		9.00 Murder: Buried Alive – True Crime...		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 The Great British Bake Off			9.15 Worlds Apart		10.15 Gogglebox
	105 5	7.00 The Secret Life of Badgers		8.00 The Yorkshire Vet		9.00 Murder Before Evensong		10.00 Under the Patio: Murder in Mansfield	
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 David Attenborough's Galapagos		9.00 Never Mind the Buzzcocks		10.00 Romesh: Can't Knock the Hustle	
ENTERTAINMENT	115 BBC3	7.00 Horrible Histories		8.00 Top Gear		9.00 Our Girl		10.00 Film Club	
	116 BBC4	7.00 Fred Dibnah's...	7.30 Railways: The...	8.00 The Good Life	8.30 Yes, Prime...	9.00 Henry VIII: Patron or Plunderer?		10.00 Storyville: The Librarians	
	118 ITV2	7.00 Deal or No Deal		8.00 The 1% Club		9.00 Big Brother		10.00 Big Brother: Late & Live	
	136 MORE4	◂ 6.55 The Dog House Australia		7.55 The Dog House		9.00 Home Greek Home		10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 Hollyoaks At 30	8.00 First Dates		9.00 Married at First Sight UK			10.20 Naked Attraction
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Matlock		10.00 FBI: Most Wanted	
	108 SKY ATLANTIC	◂ 6.50 Game of Thrones				9.00 Gomorrah			
	110 U&GOLD	7.00 Dad's Army	7.40 dinnerladies			9.00 The Royle Family			10.20 Not Going Out
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 Have I Got a Bit More News for You		10.00 QI XL	
	119 ITV3	◂ 6.55 Heartbeat		8.00 Agatha Christie's Poirot					
	120 ITV4	◂ 6.55 The Motorbike Show		7.55 The Chase Celebrity Special		9.00 Film: Speed 2: Cruise Control			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Michael McIntyre: Happy & Glorious		10.00 Film: National Lampoon's Animal...	
	139 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate Atlantis		9.00 Grimm		10.00 The Walking Dead: The Ones Who Live	
	113 SKY MAX	7.05 Stargate Universe			8.10 Rob Beckett's Smart TV	9.00 Never Mind the Buzzcocks		10.00 Romesh: Can't Knock the Hustle	
	109 U&ALIBI	7.00 Body of Proof		8.00 Death in Paradise					10.05 Father Brown
	124 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 The Art Mysteries		9.00 Art's Most Horrific		10.00 The Warhol Effect	
	132 U&W	7.00 MasterChef Australia			8.10 Inside the Ambulance		9.10 One Born Every Minute		
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers				9.00 Deadliest Catch		10.00 Gold Divers	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Guardians of the Glades		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 World War II: Secrets from Above		9.00 Hitler's Last Stand		10.00 WW2: Hell Under the Sea	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Bone Detectives: Britain's Buried...		9.00 History's Most Shocking		10.00 History's Greatest Mysteries	
	155 U&YESTERDAY	7.00 Cornwall with Simon Reeve		8.00 Flipping Bangers		9.00 Bangers & Cash			
	121 SKY DOCS	7.00 The Civil War		8.00 Black Widow		9.00 Tell Them You Love Me			
FILMS – Sky Cinema	301 PREMIERE	◂ 6.05 Wish You Were Here		8.00 Bridget Jones: Mad About the Boy				10.10 Code 3	
	302 HALLOWEEN		7.15 Psycho			9.00 Ouija			10.35 Ouija...
	303 HITS	◂ 6.00 Baywatch		8.00 Love Actually					10.20 The Holiday
	304 GREATS	◂ 5.15 Scent of a Woman		8.00 The Fisher King					10.20 Bad Boys
	305 ANIMATION	◂ 5.45 Kung Fu...	7.30 Home				9.15 Noah's Ark		
	306 FAMILY	◂ 6.00 Peter Rabbit		7.50 Jack the Giant Slayer				10.00 Snow White and the Huntsman	
	307 ACTION	◂ 6.00 Madame Web		8.00 Saving Private Ryan					
	308 COMEDY	◂ 5.45 The Blues Brothers		8.00 Disaster Movie			9.35 Sixteen Candles		
	309 THRILLER	◂ 6.15 Eye in the Sky		8.00 Ocean's Eight				10.00 Now You See Me	
	310 DRAMA	◂ 5.40 A League of Their Own		8.00 The Bodyguard				10.10 Grease	
	311 SCI-FI	◂ 6.20 Gravity		8.00 Godzilla				10.10 Arcadian	
	313 FILM4	◂ 6.50 Fatherhood				9.00 65			
SPORT	401 MAIN EVENT	◂ 6.00 World Grand Prix Darts – Live: Coverage of day two							
	402 PREMIER LEAGUE	7.00 Match Officials...	7.30 Netbusters	8.00 Big Interview	8.30 Netbusters	9.00 PL Review		10.00 Match...	10.30 Netbusters
	403 FOOTBALL	7.00 EFL Highlights			8.30 WSL	9.00 EFL Goals		10.00 EFL Highlights	10.30 SPFL...
	405 CRICKET	◂ 6.30 ICC Women's World Cup					9.30 ICC Women's...	10.00 ICC Women's World Cup	
	410 TNT SPORTS 1	7.00 British Superbikes Highlights		8.00 British Speedway		9.00 MLB Highlights		10.00 MLB – Live	
	411 TNT SPORTS 2	7.00 SailGP Highlights		8.00 FIA Extreme...	8.30 PL Netbusters	9.00 PL Stories	9.30 PL Big Interview	10.00 PL Reload	10.30 Cycling Pro...

◂ Denotes programmes starting before 7.00pm † Regions vary

TUESDAY

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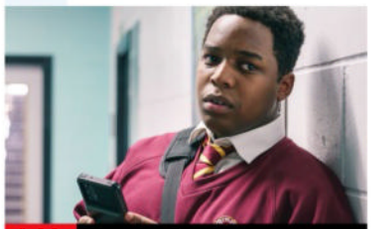
Tuesday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Crimewatch Live** New edition A look into the case of a rapist who dressed as a paramedic. (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Trace, Track, Get My Car Back** New edition 2/16. The race to find an Audi before it's dismantled. (S)
2.30 **Amanda & Alan's Italian Job** (R)
3.00 **Escape to the Country** (S)(R)
3.45 **The Repair Shop** (S)(R)(AD)
4.30 **The Inner Circle** New edition Quiz hosted by Amanda Holden. (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)



9.00 Waterloo Road

7 PM

7.00 **The One Show** Alex Jones and Lauren Laverne present the topical show. (S)
7.30 **EastEnders** Callum has to admit the truth, George inadvertently makes a situation worse, and Teddy opts for a risky decision. (S)(AD)

8 PM

8.00 **Stacey & Joe** New edition 5/6. Teddy is home from the vets and the BAFTAs loom. With Joe away working, Stacey is left to juggle five kids, a poorly pooch and red carpet glam – not to mention her new beehive. (S)

9 PM

9.00 **Waterloo Road** New episode 5/8. Dwayne struggles to cope, and Stella finds it hard to separate the personal from the professional in the wake of last week's devastating events. (S16) (S)
■ Continues at 10.40pm

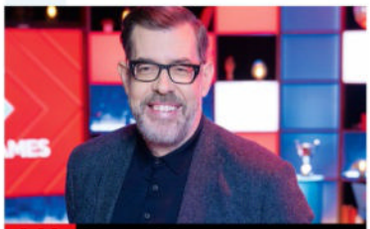
10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Waterloo Road** New episode 6/8. The staff and students head to the estate for a community clean-up that doesn't go to plan, and Schuey is lured back to his criminal past with disastrous consequences for Mike. (S16) (S)
■ Entire series on BBC iPlayer
11.40 FILM **The Turning** Gothic horror starring Mackenzie Davis, Finn Wolfhard and Joely Richardson. A woman begins to experience unexplainable things after taking a job as governess for an heiress. (S) (2020, 15, 90min) ★★
1.10 AM **Weather for the Week Ahead** Seven-day forecast. (S)
1.15 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.30 AM **Saturday Kitchen Best Bites** Highlights from the series. (S)(R)
8.00 **Sign Zone: The Repair Shop** (S)(R)
9.00 **BBC News** (S)
12.15 PM **Politics Live Conference** (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **Bridge of Lies** Game show. (S)(R)
2.30 **Unbeatable** Quiz show. (S)(R)
3.15 **Great British Menu** (S)(R)
4.15 **Animals with Cameras** (S)(R)(AD)
5.15 **Flog It!** The experts visit Penrhyn Castle in north Wales. (S)(R)
6.00 **Richard Osman's House of Games** New edition With Yinka Bokinni, Ellie Leach, Vicki Michelle and Peter Serafinowicz. (S)
6.30 **Strictly: It Takes Two** New edition Janette Manrara presents the latest backstage gossip and behind-the-scenes action from the competition. (S)



6.00 House of Games

7.00 **Nigella: At My Table** Including a recipe for chocolate olive oil mousse. (S)(R)(AD)
7.30 **Chronicles of the Sperrins** New edition 3/4. As Autumn arrives, Halloween celebrations begin at Butterlope Farm. (S)

8.00 **Digging for Britain** Exploring a story in Oxfordshire, where a quarryman made the chance discovery of a set of very large footprints, and an unassuming field that has revealed a Roman farmstead in Northamptonshire. (S)(R)(AD)

9.00 **QI XL** *Sideshows, Stunts & Scavenger Hunts:* Sandi Toksvig hosts, with regular panellist Alan Davies and guests Gyles Brandreth, Rosie Jones and Nish Kumar. (S)(R)
9.45 **Live at the Apollo** Sara Pascoe welcomes comics Amy Gledhill and Eddie Kadi to the stage at London's Hammersmith Apollo. (S)(R)
10.30 **Newsnight** (S)

11.00 **Rob Brydon's Honky Tonk Road Trip** 1/3. Rob goes on a trip across the American south to celebrate 100 years of country music. (S)(R)
12.00 M'T **Sign Zone: Stacey & Joe** 3/6. The family celebrate Zach's 17th birthday. (S)(R)(AD)
1.00 AM **Sign Zone: Sharon & Ozzy Osbourne – Coming Home** (S)(R)
2.00 **Sign Zone: Secrets of the Brain** The evolution of the brain. (S)(R)
3.00 **Sign Zone: DIY SOS** (S)(R)(AD)
4.00 **to 6.30** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** Celebrity chat, advice and lifestyle features. (S)
12.30 PM **Loose Women** Topical debate from a female perspective. (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** David Dickinson and his team are in Preston, where the experts assess items that have been brought in by members of the public. (S)(R)(AD)
3.00 **Tenable** Warwick Davis hosts as five quizzers take part. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

7.30 Emmerdale

7.30 **Emmerdale** Sarah receives a letter confirming the date of a scan, Chas tries to make Charity see sense, while Nicola, Jimmy and the kids move in with an aghast Laurel. (S)(AD)

8.00 **Love Your Garden** Alan and the team head to the Leicestershire town of Hinckley to surprise a 96-year-old World War Two veteran with a stunning garden transformation, featuring a mini-orchard and a sociable seating area. (S)(R)

9.00 NEW **Murder: Buried Alive – True Crime Presents** Documentary examining the case of Stephanie Slater, the 25-year-old estate agent who was kidnapped by Michael Sams in 1992 and held captive for eight days. (S)(AD)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 FILM **Dune** Sci-fi drama starring Timothée Chalamet, Oscar Isaac and Rebecca Ferguson. The son of a noble family is entrusted with the protection of the most valuable asset and most vital element in the galaxy. (S)(AD) (2021, 12, 155min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
1.20 AM **Teleshopping**
3.00 **Frauds** 1/6. Having spent 10 years in prison, Bert reunites with his former partner-in-crime with an idea for a heist. (S1) (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **You Bet! on Tour** Game show. (S)(SL)(R)(AD)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.30 AM **The King of Queens** (S)(R)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 13-16/24. (S6) (S)(R)
11.10 **Undercover Boss USA** (S)(R)
12.05 PM **News** (S)
12.10 **A New Life in the Sun** (S)(R)
1.10 **Find It, Fix It, Flog It** (S)(R)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **Help! We Bought a Village** New edition In Romania, Jonas and Ulrike come up with new ways to raise funds. (S)
5.00 **Four in a Bed** New edition Ussy and Bobsey host at Optimal Apartments in Bradford. (S)
5.30 **Come Dine with Me** The second dinner party in Bristol. (S)(R)
6.00 **Sun, Sea and Selling Houses** A couple need help finding a holiday home in Alicante. (S)(R)

8.00 The Great British Bake Off

7.00 **News** (S)

8.00 **The Great British Bake Off** New edition 6/10. Pastry Week sees the bakers making savoury plaits in the signature challenge, before attempting a traditional gala pie in the technical and an intricately sculpted tart showstopper. (S)(AD)
■ *The Great British Bake Off: An Extra Slice* is on Friday at 8pm
9.15 NEW SERIES **Worlds Apart** 1/5. Half a dozen young Britons who have never travelled alone are paired up with six pensioners who thought they would never travel again for the ultimate treasure hunt across Japan. *See feature, p12.* (S)(AD)
10.15 **Gogglebox** The armchair critics share their opinions on what they have been watching during the week with cameras capturing their instant reactions. (S)(R)

11.20 **Taskmaster** (S)(R)
12.20 AM **Ramsay's Kitchen Nightmares USA** (S)(SL)(R)
1.05 **Taylor** (S)(SL)(R)(AD)
1.55 **Educating Yorkshire** (S)(R)(AD)
2.45 FILM PREMIERE **Saba** Bangladeshi drama starring Mehazabien Chowdhury and Rokeya Prachy. Subtitled. (2024, 15, 95min) ★★
4.20 **Grand Designs** (S)(R)
4.45 **Jamie's Comfort Food** (S)(R)
4.55 **George Clarke's Amazing Spaces**
5.50 **to 6.30** AM **Countdown** (S)(R)

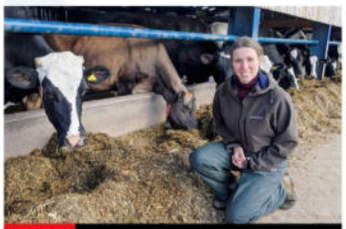
+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.30 PM **Vanessa** (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 FILM PREMIERE **A Pie to Die For** Mystery starring Alison Sweeney and Victor Webster. (S) (2025, PG, 105min) ★★
4.00 **The Cruise: Fun-Loving Brits at Sea** New edition The ship arrives in Gibraltar – a slice of Britain in the Mediterranean. (S)
5.00 **News** (S)
6.00 **Portugal with Michael Portillo** Michael's journey continues in Portugal's oldest city and oldest town, both in the north of the country. (S)(R)
6.55 **News** (S)


8.00 The Yorkshire Vet

7.00 **The Secret Life of Badgers** 1/2. Steve Backshall reveals the secret lives of badgers in the UK, with hidden cameras following their every move both inside and outside of their badger setts. (S)(R)
7.55 **News** (S)
8.00 **The Yorkshire Vet** New edition David Melleney rushes to Cannon Hall Farm when a male alpaca has suffered a nasty injury, and Shona Searson visits a farm where she must amputate a cow's badly infected tail. (S)
9.00 NEW SERIES **Murder Before Evensong** 1/6. Crime drama based on the novel by the Rev Richard Coles starring Matthew Lewis. A priest investigates a murder spree in his village. *See feature, page 7.* (S1) (S)(AD)
10.00 **Under the Patio: Murder in Mansfield** The case of William and Patricia Wycherley, a couple who vanished from their Mansfield home in 1998, leaving neighbours oblivious to the sinister truth. (S)(R)
11.30 **999: Killer on the Line** (S)(R)
12.30 AM **Murdered at First Sight** New edition An Arkansas realtor who vanished. (S)
1.20 **PlayOJO Live Casino Show** (S)
3.25 **Friends** (S3) (S)(R)(AD)
3.50 **Digging Up Britain's Past: Henry VIII's Lost Palace** (S)(R)
4.40 **The Highland Vet** (S)(SL)(R)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Universe** (S)(R)
11.00 **Ireland's Wild Islands with Eoin Warner** (S)(R)
12.00 NOON **The Simpsons** (S)(R)
1.00 PM **Hawaii Five-0** (S4) (S)(R)
3.00 **S.W.A.T.** 1/22. (S1) (S)(R)(AD)
4.00 **NCIS: New Orleans** (S7) (S)(R)
5.00 **The Simpsons** *I, (Annoyed Grunt)-Bot:* Homer builds a robot for Bart to enter the *Robot Rumble* TV show. (S)(R) **5.30** *Treehouse of Horror XX:* Classic movie monsters gatecrash a Halloween party. (S)(R)
6.00 **The Office (US)** 12/19. Jan sues Dunder Mifflin. (S)(R) **6.30** 13/19. Jim and Pam visit Michael's house for dinner with him and Jan. (S4) (S)(R)

10.00 Romesh: Can't Knock the...

7.00 **The Simpsons** *Diatribe of a Mad Housewife:* Marge writes a novel and gets it published to critical acclaim in Springfield. (S)(R) **7.30** *Treehouse of Horror XXVI:* The show's 26th Halloween special. (S)(R)
8.00 **David Attenborough's Galapagos** 1/3. The broadcaster explores the Galapagos Islands in the Pacific, starting with how the archipelago rose from the ocean four million years ago. (S)(R)
9.00 NEW SERIES **Never Mind the Buzzcocks** Greg Davies returns with the comedy quiz as Clint Boon, Patsy Kensit, Danny Goffey and guest captain Bez join regulars Noel Fielding and Jamali Maddix. (S)(AD)
10.00 **Romesh: Can't Knock the Hustle** New episode 3/4. Romesh Ranganathan explores self-improvement, celebrating his body with a Korean photoshoot. (S) ■ Entire series on Box Sets
11.00 **Brassic** 2/6. Tommo heads off to Germany to impress Hans's mum. (S7) (S)(R)(AD)
12.00 M'T **Peacemaker** 7/8. Superhero comedy with John Cena. (S2) (R)
12.40 AM **The Force: Manchester** (R)
1.35 **Road Wars** Double bill. (S)(R)
3.00 **S.W.A.T.** 1/22. (S1) (S)(R)(AD)
4.00 **NCIS: New Orleans** (S7) (S)(R)
5.00 **to 6.00** AM **Brit Cops: Rapid Response** (S)(R)(AD)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
11.40pm Situationships with Sophie and Christine (S)(R) **12.10am** Scotcast (S)(R) **12.40** FILM The Turning (S) (2020, 15, 90min) ★★ **2.10** Weather for the Week Ahead (S) **2.15-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm Spotlight (S) **11.10** Waterloo Road New episode (S)(AD) **12.10am** FILM The Turning: As Scotland. **1.40-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
10.40pm NEW Fifteen Years of Sound: The Welsh Music Prize (S) **11.20** Waterloo Road (S)(R) **12.20am** FILM The Turning: As Scotland. (S) **1.50-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
9.45pm Barra on the Foyle (S)(R) **10.00-10.30pm** Stitched Up? Surgery in the Sun (S)(R)

WALES
Sky 968, Freesat 968
1.45pm First Minister's Questions (S) **2.45** Bridge of Lies (S)(R) **3.30** Unbeatable (S)(R) **4.15-5.15pm** Great British Menu (S)(R)

ITV1

As main ITV1 except:
WALES
10.45pm Sharp End (S) **11.45** The Chase (S)(R) **12.40am** Face to Face (S)(R) **1.05-1.20am** Coast & Country (S)(R)

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Colleen Ramsey: Bywyd a Bwyd **12.30** Heno **1.00** Hanner Marathon Caerdydd **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Am Dro! **4.00** Awr Fawr **5.00** Stwnsh **6.00** Adeiladu'r Freuddwyd: Camp Out West **6.30** Sgorio **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Rownd a Rownd New episode (AD) **8.55** Newyddion a'r Tywydd **9.00** Cyfrinachau'r Llyfrgell New edition **10.00** Clwb Rygbi **10.30-11.35pm** Windrush: Rhwng Dau Fyd

TV&Satellite week
New issue on sale today

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Horrible Histories: It's a Wicked World Special**
7.30 **Horrible Histories: Rotten Rulers Special**
7.55 **The Catch Up**
8.00 **Top Gear** The decline of the British sports car industry.
9.00 **Our Girl** Military drama starring Michelle Keegan.
10.00 NEW SERIES **Film Club** 1/6. Drama with Aimee Lou Wood and Nabhaan Rizwan. **10.30** New episode 2/6. While Noa attends a taster day for his new job, Evie pulls out all the stops for Film Club. *See feature, page 11.* (S1) ■ Entire series on BBC iPlayer
11.00 **Twisted Metal**
12.00 M'T FILM **Walk the Line** Biopic of Johnny Cash starring Joaquin Phoenix. Against the odds, the musician becomes a star, but struggles to overcome alcohol and drug addiction. (2005, 12, 124min) ★★★★
2.10 AM **Missing in Paradise: Searching for Sarm**
2.40 **Rocket Fuel**
2.55 **to 4.00** AM **Film Club**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Fred Dibnah's Industrial Age** 5/6. A look at the development of Britain's railways.
7.30 **Railways: The Making of a Nation** 5/6. How the railways changed the culinary tastes of Londoners.
8.00 **The Good Life** Tom and Barbara invest in a loom.
8.30 **Yes, Prime Minister** The PM has a nuclear problem.
9.00 **Henry VIII: Patron or Plunderer?** 1/2. A profile of the Tudor monarch.
10.00 NEW **Storyville: The Librarians** Librarians in Granbury, Texas, fight against the legislative book bans in their hometown.
11.30 **Blood and Gold: The Making of Spain with Simon Sebag Montefiore**
12.30 AM **Fred Dibnah's Industrial Age** As 7.00pm.
12.55 **Railways: The Making of a Nation** As 7.30pm.
1.25 **Storyville: The Librarians**
2.55 **to 3.55** AM **Henry VIII: Patron or Plunderer?**

MORE4

136/137 127 147 18 124 15

8.55 AM **A New Life in the Sun**
11.00 **Chateau DIY** Double bill.
1.05 PM **Four in a Bed**
3.50 **Car S.O.S** Tim Shaw and Fuzz Townshend work to restore a Fiat X1/9 for 53-year-old owner Steve. **4.50** Tim and Fuzz work to restore a VW Wizard.
5.50 **Escape to the Chateau** Following a British family that restore a French chateau.
6.55 **The Dog House Australia** A couple want to surprise their teenager with a rescue.
7.55 **The Dog House** Kirsty and Oliver think maybe a dog can wear out two-year-old toddler Stanley, while Coco the dachshund has to overcome some nerves as she meets 25-year-old Liv.
9.00 **Home Greek Home** 1/6. Sarah Moore renovates a house on the Greek island of Skiathos. After many years of holidaying and working there, Sarah has long dreamt of owning a house on the island.
10.00 **24 Hours in A&E** A 40-year-old woman arrives having been knocked over while crossing a road.
11.05 **24 Hours in A&E**
12.10 AM **999: On the Front Line** Documentary.
1.15 **24 Hours in A&E**
3.25 **to 3.55** AM **Food Unwrapped's Caribbean Adventure**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Kitchen Nightmares USA**
7.50 **Married at First Sight UK**
9.15 **Rude(ish) Tube Shorts**
9.30 **The Simpsons**
10.00 **The Big Bang Theory**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** 15-18/24. (S8)
2.00 PM **Brooklyn Nine-Nine**
3.00 **The Simpsons**
4.00 **Married at First Sight UK**
5.30 **The Big Bang Theory**
6.00 **The Simpsons**
7.00 **Hollyoaks** The village holds a vigil for the killer's victims.
7.30 **Hollyoaks At 30: Most Explosive Episodes** Maxine goes into labour.
8.00 **First Dates** Tour guide Sonya is looking for a man she can call her best friend.
9.00 **Married at First Sight UK** New edition Two more singles take a gamble on love at the altar, but the bride's approach may prove too much for her groom.
10.20 **Naked Attraction** Singletons from Glasgow and Edinburgh take part.
11.20 **Open House: The Great Sex Experiment**
12.30 AM **Married at First Sight UK** As shown at 9.00pm.
1.55 **Gogglebox**
2.45 **Below Deck**
3.30 **The Simpsons**
4.45 **to 6.00** AM **The Big Bang Theory**

+1 hr 235/236 306 30 123 256

Tuesday primetime primetime

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

TUESDAY Entertainment

Tuesday

Sky Witness

107 107 110 341 356

6.00 AM **Motorway Patrol**
7.00 **Border Security: Canada's Front Line** Double bill.
8.00 **Border Patrol** Double bill.
9.00 **Nothing to Declare UK**
9.30 **Border Security USA**
10.30 **Caught Red Handed**
12.00 NOON **FBI** 12/13. (S6)
1.00 PM **FBI: International** (S3)
2.00 **FBI: Most Wanted** 12/13. The Task Force investigate when an informant is found dead. (S5)
3.00 **Caught on Dashcam**
4.00 **Nothing to Declare**

10.00 FBI: Most Wanted

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **Caught on Dashcam** Road disasters and highway hijinks, captured in video via people's dashboard cameras.

9 PM
9.00 **Matlock** *This Is That Moment:* 12/19. Olympia and Julian represent opposing parties in a custody battle. (S1)

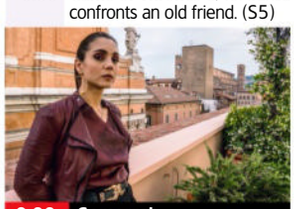
10 PM
10.00 **FBI: Most Wanted** *Moving On:* 9/22. The Fugitive Task Force investigate a series of deadly fires. (S6)
11.00 **Law & Order: Special Victims Unit** 12/13. (S25)
12.00 M'T **The Equalizer** 3/10. (S4)
1.00 AM **The Rookie: Feds** 9/22.
2.00 **Doc** New episode 4/10. (S1)
3.00 **Fire Country** New episode
4.00 **Nothing to Declare**
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **The Guest Wing**
7.00 **Urban Secrets**
8.00 **Boardwalk Empire** (S3)
10.10 **Scenes from a Marriage**
12.20 PM **Game of Thrones** (S4)
1.25 **My Brilliant Friend** 6/8. (S1)
2.35 **Boardwalk Empire** (S3)
4.45 **Homicide: Life on the Street** 20/22. Lewis and Kellerman become involved in a drug war. **5.45** 21/22. Gee and Howard investigate the murder of a radio talk-show host. (S4)
6.50 **Game of Thrones** 8/10. Sansa confronts an old friend. (S5)



9.00 Gomorrah

7.55 **Game of Thrones** *The Dance of Dragons:* 9/10. Arya runs into a familiar face, Mace Tyrell visits the Iron Bank, and Daenerys hosts a celebration of athleticism. (S5)

9.00 **Gomorrah** 3/12. An unexpected event forces Genny to return to his old criminal ways to save his future with Azzurra.

10.00 **Gomorrah** 4/12. Genny is forced to confront demons from his past. Subtitled. In Italian. (S4)
11.00 **The Sopranos** 5/13. Tony pays a visit to the track to check out Ralph's new horse. (S4)
12.00 M'T **The Last of Us** 2/7. Abby weighs up her options. (S2)
1.05 AM **Banshee** 6/10. (S1)
2.05 **Game of Thrones** (S5&6)
4.10 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S4)
8.00 **The Flash** 12/20. (S8)
9.00 **Stargate Universe** (S2)
11.00 **SEAL Team** 9/16. (S4)
12.00 NOON **The Flash** 13/20. (S8)
1.00 PM **Hawaii Five-0** (S4)
3.00 **S.W.A.T.** 1/22. (S1)
4.00 **NCIS: New Orleans** 3/16. A police officer is murdered. (S7)
5.00 **SEAL Team** 8/16. Jason returns to Bravo. (S4)
6.00 **Stargate Universe** 9/20. As her alien transformation progresses, Chloe prepares her final goodbyes. (S2)

9.00 Never Mind the Buzzcocks

7.05 **Stargate Universe** *Resurgence:* 10/20. The crew investigate an array of wrecked ships. (S2)

8.10 **Rob Beckett's Smart TV** 4/8. With Natasia Demetriou, Charlie Cooper, Chris Packham and Natalie Cassidy.

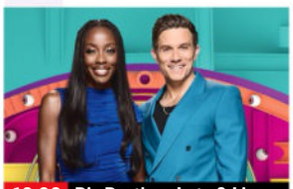
9.00 NEW SERIES **Never Mind the Buzzcocks** Comedy music quiz with Bez, Clint Boon, Patsy Kensit and Danny Goffey.

10.00 **Romesh: Can't Knock the Hustle** New edition 3/4. The comedian takes a look at self-improvement.
11.00 **Brassic** 2/6. (S7)
12.00 M'T **Peacemaker** 7/8. (S2)
12.40 AM **A League of Their Own Road Trip: Southeast Asia**
1.35 **From** 7/10. (S1)
2.30 **Road Wars** Vehicle crime.
3.00 **S.W.A.T.** 1/22. (S1)
4.00 **NCIS: New Orleans** (S7)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
9.35 **The Only Way Is Essex**
10.20 **The Real Housewives of Potomac** Reality series.
11.10 **Real Housewives of New...**
12.05 PM **Dinner Date**
1.05 **Billie and Greg**
2.05 **The Only Way Is Essex**
3.05 **Real Housewives of Cheshire**
4.05 **The Real Housewives of Potomac** New edition
5.00 **Real Housewives of New Jersey** US reality series.
6.00 **Celebrity Catchphrase**



10.00 Big Brother: Late & Live

7.00 **Deal or No Deal** Gameshow hosted by Stephen Mulhern, in which another contestant takes on the Banker.

8.00 **The 1% Club** Quiz show series hosted by Lee Mack in which all the questions are about logic and common sense.

9.00 **Big Brother** New edition Highlights of the past 24 hours in the *Big Brother* house as the contestants take on more challenges.

10.00 **Big Brother: Late & Live** New edition AJ Odudu and Will Best present the companion show to this year's series.
11.05 **Family Guy** 12/18. Stewie impregnates himself with Brian's DNA. (S13)
11.35 **Family Guy** 2/18. (S13)
12.05 AM **American Dad!** (S15)
1.05 **Plebs** 6/9. (S5)
1.35 **Deal or No Deal**
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **The Royal**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.05 **Doc Martin** 7/8. (S6)
10.10 **The Royal**
11.15 **Heartbeat** Double bill.
1.20 PM **Classic Emmerdale**
2.55 **Classic Coronation Street**
3.25 **Downton Abbey** 5/9. (S2)
4.45 **Doc Martin** 8/8. (S6)
5.50 **Heartbeat** *The Traveller:* The villagers close ranks when travellers pass through town. Guest stars David Essex.

5.50 Heartbeat

6.55 **Heartbeat** *Child's Play:* Strange events at an empty house make Mike think that a runaway boy is hiding out in Aidensfield.

8.00 **Agatha Christie's Poirot** *Death on the Nile:* The Belgian sleuth investigates the murder of an American heiress on board an old steamer in Egypt. With James Fox, Judy Parfitt, Emily Blunt and Daisy Donovan.

10.05 **Agatha Christie's Poirot** *The Hollow:* A philandering husband is found dying after being shot during a weekend house party where Poirot is the guest of honour. Guest stars Sarah Miles.
11.55 **Wire in the Blood** *Shatp Compassion:* 4/4. A killer targets patients at Bradfield Hospital. (S2)
1.40 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Eat the Town** Natalie and Dazza head to Penicuik in Midlothian.
8.00 **Scotland from the Sky** A look into how Scottish communities have dealt with tough terrain.
9.00 **Murder Trial: The Killing of Dr Brenda Page** 1/2. The trial of the man accused of one of Scotland's most notorious mysteries. **10.00** 2/2. The jury decides Christopher Harrisson's fate after hearing his testimony.
11.00 **Scotcast** New edition Discussion on Scotland's biggest news stories.
11.30 PM **to 12.00** M'T **David Wilson's Crime Files: Scams and Scandals** The criminologist explores stories of imposters.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S4)
9.00 **The Conners** (S1)
10.00 **Sex and the City**
11.25 **Girls** 7&8/10. (S5)
12.30 PM **The Office (US)**
1.30 **The Conners** (S1)
2.30 **The Office (US)** (S4)
3.30 **Will & Grace** (S3)
4.25 **Sex and the City**
5.45 **The Office (US)** (S4)
6.45 **Will & Grace** (S3&4)
7.45 **Sex and the City** 2/12. Carrie dates a handsome model. **8.25** 3/12. Carrie has a run-in with a flasher. (S1)
9.00 FILM **Movie 43** Raunchy comedy sketch compendium starring Kate Winslet, Halle Berry and Richard Gere. (2013, 15, 90min) ★
10.45 **And Just Like That...**
11.40 **Entourage** 1&2/10. (S7)
12.40 AM **Girls** (S2&3)
1.50 **Veep** 8&9/10. (S3)
3.05 **Curb Your Enthusiasm**
3.45 **to 5.00** AM **Silicon Valley**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Opera North's Resonance**
6.15 **The Australian Ballet: The Merry Widow**
8.00 **Artist of the Year**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Discovering**
3.00 **Musical Masterpieces**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **The Art Mysteries**
9.00 **Art's Most Horrific** New edition
10.00 **The Warhol Effect**
12.00 M'T **Alec Guinness: A Class Act**
2.00 AM **Portrait Artist of the Year** New edition
3.00 **Sky Arts from Hay**
4.00 **Inside Art**
5.00 **to 6.00** AM **The Art of the Garden**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: Canada's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: Canada's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Stargate Atlantis** (S1)
5.00 **Stargate SG-1** (S8)
6.00 **Star Trek: Voyager**
7.00 **Star Trek: The Next Generation** *Tin Man:* 20/26. The crew make contact with new life. (S3)
8.00 **Star Trek: Deep Space Nine** *Apocalypse Rising:* 1/26. The crew go on a dangerous mission. (S5)
9.00 **FBI: Most Wanted** (S5)
10.00 **FBI: International** (S3)
11.00 **Grimm** 18/22. (S1)
12.00 M'T **Warehouse 13**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: War on Crime**
3.00 **The Force: North East**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Gameshow.
10.00 **Tipping Point**
1.00 PM **Lingo** Gameshow.
2.00 **Tenable** Quiz show.
3.00 **Who Wants to Be a Millionaire?** Quiz.
4.00 **Tenable** Quiz show.
5.00 **Deal or No Deal**
7.00 **Lingo** Double bill of the word-based game show hosted by Adil Ray.
9.00 **Wheel of Fortune** Doctor Ati, corporate assistant Adam and social care worker Tracey hope to spin their way to £50,000 in the quiz with Graham Norton.
10.00 **Tipping Point** Triple bill of the arcade-themed quiz show hosted by Ben Shephard, in which contestants drop tokens down a choice of four chutes in the hope of winning a £10,000 prize.
12.50 AM **Wheel of Fortune** Quiz show hosted by Graham Norton.
1.45 **to 2.00** AM **Unwind**

Great! TV

157 167 170 34 32

8.00 AM **Diagnosis Murder**
10.00 **Little House on the Prairie** 7&8/24. (S6)
12.00 NOON **Highway to Heaven** 15/25. (S3)
1.00 PM **Diagnosis Murder**
3.00 **Murder, She Wrote**
4.00 **Born and Bred** (S1)
5.10 **Down to Earth** (S1)
6.20 **A Fine Romance** (S4)
6.50 **Dear John** 2/7. (S1)
7.25 **Home to Roost** (S4)
7.55 **The Fall and Rise of Reginald Perrin** 2/7. (S1)
8.30 **Rising Damp** 2/6. (S4)
9.00 **The New Avengers** (S2)
10.00 **The Avengers** (S5)
11.00 **Rising Damp** 2/6. (S4)
11.30 **Man About the House**
12.00 M'T **M*A*S*H** (S1)
1.00 AM **Dear John** 2/7. (S1)
1.35 **The Fall and Rise of...**
2.10 **Home to Roost** (S4)
2.35 **A Fine Romance** (S4)
3.00 **Born and Bred** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **Good News on GREAT! Extra**

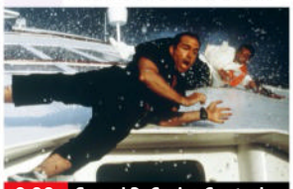
+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Derby Through the Years** Memorable stagings.
6.20 **The Saint** 2/20. (S6)
7.20 **Kojak** 4&5/25. (S2)
9.25 **Magnum, PI** (S5)
11.30 **Robin of Sherwood** (S3)
12.35 PM **Kojak** 6&7/25. (S2)
2.45 **Magnum, PI** 21&22/22. (S5)
4.50 **The Saint** 3/20. Templar takes part in a gangster's plot to trick his enemies. (S6)
5.55 **American Pickers** Mike and Frank negotiate for an old soda fountain and a cigarette machine on a visit to a farm.


9.00 Speed 2: Cruise Control

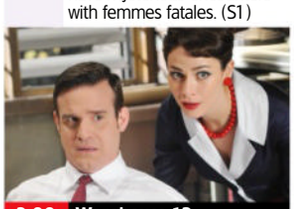
6.55 **The Motorbike Show** Henry Cole rides through Andalucia and meets up with Zef Eisenberg.
7.55 **The Chase Celebrity Special** Adam Jones, Monica Dolan, Dom Wood and Dick McCourt take part for their charity.
9.00 FILM **Speed 2: Cruise Control** Action thriller sequel starring Sandra Bullock and Jason Patric as a holidaying couple trying to prevent a villain blowing up a luxury liner. With Willem Dafoe. (1997, PG, 125min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.30 **Wrestling: AEW Collision** Hard-hitting action, featuring stars including FTR, Thunder Rosa, Jon Moxley, Jay White, Bryan Danielson and Miro.
1.25 AM **Hell's Kitchen**
2.15 **The Protectors**
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 7/22. (S2)
12.00 NOON **Star Trek: Enterprise**
1.00 PM **Star Trek: Deep Space Nine** 21/26. (S2)
2.00 **Warehouse 13** 10&11/13. (S2)
4.00 **Star Trek: The Next Generation** 7/22. (S2)
5.00 **Stargate Atlantis** 5/20. (S5)
6.00 **Star Trek: Enterprise** 25/26. Archer, Trip and Reed all have mysterious encounters with femmes fatales. (S1)


2.00 Warehouse 13

7.00 **Star Trek: Deep Space Nine** *The Maquis – Part Two:* 21/26. Sisko, Kira and Bashir are captured by the Maquis. (S2)
8.00 **Stargate Atlantis** *The Ghost in the Machine:* 5/20. McKay receives a message from a friend he believed to be dead. (S5)
9.00 **Grimm** *Of Mouse and Man:* 9/22. Two magical creatures are connected to a brutal murder. (S1)
10.00 **The Walking Dead: The Ones Who Live** 2/6. On her quest to find Rick, Michonne finds help from an unexpected source.
11.00 **Westworld** 7/8. Charlotte's plans come together. (S4)
12.00 M'T **Chucky** 7/8. Jake and his friends try to figure out Chucky's endgame. (S1)
1.00 AM **Warehouse 13** (S2)
3.00 **Westworld** 6/8. (S4)
4.00 **Chucky** 6/8. (S1)
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S15)
9.00 **Father Brown**
10.00 **The Mentalist** 9/24. (S3)
11.00 **Hudson & Rex** 1/16. (S1)
12.00 NOON **Body of Proof** (S2)
1.00 PM **Death in Paradise** (S10)
2.00 **Murdoch Mysteries** (S15)
4.00 **The Mentalist** 9/24. (S3)
5.00 **Hudson & Rex** 1/16. Rex proves himself when he tails a kidnapper. (S1)
6.00 **Father Brown** *The Fire in the Sky:* Kembleford comes under threat of an alien invasion.

2.00 Murdoch Mysteries

7.00 **Body of Proof** *Going Viral – Part One:* 18/20. Megan investigates a mysterious viral outbreak in Philadelphia. (S2)
8.00 **Death in Paradise** 1/8. The 100th episode of the drama. Commissioner Patterson is targeted by an assassin. (S13)
9.00 **Death in Paradise** *Murder Onboard:* 5/8. Camille's best friend collapses during a night of music and cocktails. (S2)
10.05 **Father Brown** *The Dance of Death:* The priest uncovers a secret when a contestant is murdered at a dancing competition.
11.05 **Father Brown** As 6.00pm.
12.05 AM **White Collar** 1/16. Peter must locate Neal on a tropical island before an FBI-sanctioned bounty hunter finds him. (S4)
1.00 **Death in Paradise** 2/9. (S10)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.00 AM **Highlights**
8.20 **Last of the Summer Wine**
9.35 **Hi-de-Hi!**
10.20 **Porridge**
11.00 **Last of the Summer Wine**
12.20 PM **Don't Wait Up**
1.00 **The Green Green Grass**
1.40 **Dad's Army**
2.20 **Porridge**
3.00 **Last of the Summer Wine**
4.20 **Don't Wait Up**
5.00 **The Green Green Grass**
5.35 **Hi-de-Hi!**
6.20 **Porridge**

5.35 Hi-de-Hi!

7.00 **Dad's Army** Warden Hodges challenges the platoon to a cricket match.
7.40 **dinnerladies** Bren's mother wreaks havoc and incurs Stan's wrath. **8.20** Philippa has a bright idea for raising the kitchen staff's spirits.
9.00 **The Royle Family** It's Sunday in the house of the couch-potato clan and Nana calls round. **9.40** Denise claims her hangover is a migraine, brought on by stress.
10.20 **Not Going Out** Lee and Lucy spend a weekend on his dad's new boat, despite her fear of water.
11.00 **dinnerladies** Bren's mother incurs the wrath of Stan. **11.40** Philippa has a bright idea for raising spirits.
12.20 AM **The Royle Family**
1.40 **Not Going Out** As 10.20pm.
2.25 **dinnerladies** Double bill.
3.30 **to 4.00** AM **The Royle Family**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Pointless**
8.00 **Special Ops: Crime Squad UK**
10.00 **Extreme Salvage Squad**
12.00 NOON **Storage Hunters UK**
2.00 PM **Extreme Salvage Squad**
3.00 **Top Gear** Double bill.
5.00 **Rick Stein's Secret France** The seafood chef concludes his tour with trips to the Languedoc and Provence.
6.00 **Hairy Bikers Everyday Gourmets** Si King and Dave Myers demonstrate how to make a restaurant-quality meal on a tight budget.

5.00 Rick Stein's Secret France

7.00 **Would I Lie to You?** With guests Ben Miller and Henning Wehn.
7.40 **Richard Osman's House of Games** With Olga Koch, Andrew Maxwell and Reeta Chakrabarti. **8.20** Guests Jodie Kidd, Jamali Maddix and Suzi Perry take part in the quiz.
9.00 **Have I Got a Bit More News for You** Mel Giedroyc hosts the satirical quiz, with Richard Osman and Sonia Sodha.
10.00 **QI XL** Alan Davies, Jan Ravens, Jimmy Carr and Clive Anderson answer Stephen Fry's questions on the subject of gifts.
11.00 **8 Out of 10 Cats** With Phil Wang, Krishnan Guru-Murthy, Gabby Logan and Rosie Jones.
11.45 **Mock the Week** With Maisie Adam and Eshaan Akbar.
12.25 AM **Would I Lie to You?**
1.40 **Survivor South Africa**
3.35 **to 4.00** AM **Judge Romesh**

+1 hour 211/212 327 74 259

Tuesday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S.**
10.00 **Sun, Sea and Selling Houses** In Almería.
11.00 **Help! We Bought a Village** From Italy.
12.00 NOON **George Clarke's Amazing Spaces**
1.00 PM **A Place in the Sun**
3.00 **Come Dine with Me**
5.30 **Four in a Bed**
6.00 **A Place in the Sun**
7.00 **Joe Wicks: Licensed to Kill** Documentary.
8.00 **The Great British Bake Off** 6/10. Pastry Week.
9.20 FILM **The King's Man** Action adventure with Ralph Fiennes. (2021, 15, 130min) ★★★
11.45 **Mitchell and Webb Are Not Helping**
12.25 AM **Gogglebox**
1.25 **Worlds Apart**
2.30 **The Great British Bake Off: An Extra Slice**
3.25 **Educating Yorkshire**
4.25 **to 4.55** AM **Kirstie and Phil's Love It or List It: Brilliant Builds**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** Triple bill. (S10&11)
12.00 NOON **Law & Order**
2.00 PM **Law & Order** (S21)
4.00 **Law & Order** (S22)
5.00 **NCIS** 14/24. (S11)
6.00 **NCIS** *Bulletproof:* 15/24. The team uncover some faulty bulletproof vests. **7.00** *Dressed to Kill:* 16/24. DiNozzo confronts a man impersonating a Navy officer, which results in guns being drawn. **8.00** *Rock and a Hard Place:* 17/24. A bomb detonates at a military charity concert. (S11)
9.00 **Jesse Stone: Night Passage** Crime drama prequel starring Tom Selleck as a police chief.
10.55 **Law & Order: Special Victims Unit** (S22)
12.50 AM **Law & Order: Special Victims Unit**
2.45 **Criminal Minds** (S13)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Shoplifters: Caught Red Handed**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Operation Pet Rescue** New edition
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **Skin A&E** New edition A musician with a strange looking lump on his arm.
10.00 **A&E After Dark**
11.00 **999: Emergency Call Out** Documentary.
12.00 M'T **Call the Bailiffs: Time to Pay Up**
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.45 **Police Interceptors**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.15 **Highway Patrol**
9.40 **Trucking Hell**
10.40 **Traffic Cops**
11.40 **Police Interceptors**
1.45 PM FILM **Only the Valiant** Western. (1951, b/w, PG, 100min) ★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors** A pursuit ends with devastating results. **7.00** The search for suspects in a shooting. **8.00** A high-speed pursuit of a stolen car.
9.00 **Motorway Cops: Catching Britain's Speeders** A BMW with cloned plates is chased.
10.00 **Frontline Police 24/7**
11.00 **Police Code Zero: Officer Under Attack**
11.55 **MacGyver** 3/22. (S3)
12.45 AM **Criminals: Caught on Camera**
1.45 **Trucking Hell**
3.35 **to 4.00** AM **Highway Patrol**

U&W

132/133 131/133 125 25 156 28

6.10 AM **Nick Knowles' Big House Clearout**
7.00 **Tipping Point**
10.00 **Property Brothers: Forever Homes**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
6.00 **DIY SOS: The Big Build**
7.00 **MasterChef Australia** New edition The contestants get one more shot at immunity.
8.10 **Inside the Ambulance** Paramedics help a man struggling to breathe after injecting himself.
9.10 **One Born Every Minute** Cameras follow some first-time parents. **10.10** Cameras follow three very different men preparing for fatherhood.
11.10 **Ski A&E** Double bill.
1.20 AM **Interior Design Masters with Alan Carr**
2.25 **to 3.00** AM **Inside the Ambulance**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.30 AM **Soldier, Soldier**
8.30 **Doctors**
9.50 **Classic Holby City**
10.50 **Classic Casualty**
11.55 **The Bill**
1.00 PM **Classic EastEnders**
2.20 **Soldier, Soldier**
3.20 **Monarch of the Glen**
4.20 **London's Burning**
5.20 **'Allo 'Allo!**
6.00 **Terry and June**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Harry Wild** *When Harry Met Fergus:* 1/8. A retired professor conducts her own investigation into a murder case. (S1)
9.00 **Annika** 1/6. A man is found with a harpoon lodged in his head. (S1)
10.05 **New Tricks** *Trust Me.*
11.25 **Spooks** 3/8. (S9)
12.50 AM **Lovejoy**
1.50 **'Allo 'Allo!**
2.35 **Terry and June**
3.05 **to 4.00** AM **Sister Boniface Mysteries**

+1 hr 243 316 60 260

Really

142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** From Barcelona.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
2.00 **Money for Nothing**
3.00 **Antiques Road Trip**
5.00 **The Derbyshire Auction House**
7.00 **Antiques Road Trip**
9.00 **Long Lost Family: Born Without Trace: What Happened Next** New edition Help for a foundling discovered on a rack in a train station.
10.00 **Long Lost Family** Two women trying to find birth parents after half a century apart. **11.00** The story of a woman who is searching for her birth family.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Double bill.
11.00 **The Chase** Quiz show.
12.00 NOON **Who Wants to Be a Millionaire? Celebrity Special**
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill.
4.00 **Who Wants to Be a Millionaire? Celebrity Special** Quiz show.
5.00 **The Bidding Room** Items include a childhood Viewmaster collection. **6.00** Items include cinema-style seats.
7.00 **The Celebrity Chase** Michael Vaughan, Anna Richardson, Ray Mears and Jane Danson try to win a prize for charity.
8.00 **The Chase** Double bill.
10.00 **Classic Who Wants to Be a Millionaire?**
11.00 **Bullseye** Double bill.
12.00 M'T **The Chase**
4.00 AM **The Crystal Maze**
5.00 **to 6.00** AM **Bullseye**

Great! Action

323 319 426 42 33

9.10 AM **FILM Triple Cross** Wartime spy thriller. (1966, PG, 126min) ★★
12.00 NOON **Tombstone Territory** Double bill.
1.00 PM **FILM The Alamo** Epic Western. (1960, PG, 161min) ★★★
4.30 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The Persuaders!** (S1)
7.00 **The Avengers** (S5)
8.00 **The New Avengers**
9.00 **FILM King Arthur** Action adventure with Clive Owen. (2004, 12, 126min) ★★★
11.35 **FILM The Virginian** Western starring Trace Adkins and Ron Perlman. (2014, 12, 90min) ★★
1.35 AM **The Avengers** (S5)
2.35 **The New Avengers**
3.35 **Cops Uncut** Double bill.
4.25 **Wild West Chronicles**
5.15 **to 6.00** AM **Coast Guard Alaska**
+1hour 324

Great! Mystery

321 318 425 50 48

7.10 AM **FILM Stolen Innocence** (2007) ★★
9.10 **Murder, She Wrote**
10.10 **Unforgettable** (S2)
11.10 **Castle** 13/24. (S2)
12.10 PM **FILM Morning Show Mysteries: Countdown to Murder** (2019) ★★
2.05 **FILM Flower Shop Mystery: Mum's the Word** (2016, U) ★★
4.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 14/24. (S2)
8.00 **Unforgettable** (S2)
9.00 **FILM Morning Show Mysteries: Death by Design** (2019, PG) ★★
10.55 AM **FILM Garage Sale Mysteries: Murder by Text** (2017, PG) ★★
12.50 AM **FILM House of Deadly Secrets** (2018)
2.40 **FILM A Deadly Obsession** (2012) ★★
4.15 **to 5.40** AM **FILM Manny Dearest**
+1hour 322

Great! Christmas

319 317 424 52 47

8.00 AM **FILM The Christmas Chalet** (2019, PG) ★★
10.05 **FILM Laughing All the Way** Romantic comedy. (2023, PG, 87min) ★★
12.00 NOON **FILM The Perfect Christmas Village** Fantasy. (2018, PG) ★★
2.00 PM **FILM A Candlelit Christmas** Romance. (2022, PG, 90min) ★★
4.00 **FILM A Starstruck Christmas** Drama. (2021, U, 105min) ★★
6.00 **FILM A Very Country Christmas** Romance. (2017, PG, 90min) ★★
8.00 **FILM Two Turtle Doves** Drama. (2019, U) ★★
9.55 **FILM Miss Christmas** Festive romantic drama. (2017, U, 90min) ★★
11.45 **FILM Holiday Road Trip** Drama. (2013, PG) ★★
1.50 AM **FILM Once Upon a Holiday** (2015, PG) ★★
3.25 **to 4.50** AM **FILM A Candlelit Christmas**
+1hour 320

Rewind TV

182 81 141

6.00 AM **Highlights**
8.30 **Diff'rent Strokes** (S1)
9.00 **Bubblegum & Cheese**
10.00 **I Dream of Jeannie** (S1)
10.30 **Soap** 20/25. (S1)
11.00 **In Loving Memory** (S3)
11.30 **Haggard** 5/7. (S2)
12.00 NOON **Please Sir!** (S4)
12.30 PM **You're Only Young Twice** 5/8. (S2)
1.00 **FILM Drake's Venture** Drama. (1980, PG) ★★★
3.00 **Bramwell** 5/7. (S1)
4.00 **The Fantastic Journey**
5.00 **A Sharp Intake of Breath** 6/7. (S1)
5.30 **In Loving Memory** (S3)
6.00 **Don't Drink the Water**
6.30 **Soap** 20/25. (S1)
7.00 **Fantasy Island** (S1)
8.00 **Bramwell** 5/7. (S1)
9.00 **Dark Skies** 5/20. (S1)
10.00 **The Fantastic Journey**
11.00 **Brass** 11/13. (S1)
11.30 **Stereo Underground**
12.30 AM **FILM Cold Sweat** Thriller. (1970, 15) ★★★
2.15 **to 6.00** AM **Highlights**

DMAX

159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Maine Cabin Masters**
12.00 NOON **Alaskan Bush People** Documentary.
1.00 PM **Expedition Bigfoot**
2.00 **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Life aboard ship in the crab-fishing fleet.
9.00 **Outback Crystal Hunters** Crystal hunters travel to the Outback. **10.00** Crystal hunters try unearth more gems.
11.00 **Ed Stafford: First Man Out** Ed challenges Matt 'The Juggernaut' Wright.
12.00 M'T **British Speedway**
1.00 AM **Naked and Afraid XL** Documentary.
2.00 **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**
+1hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **Adam Richman Eats Football**
7.00 **Cake Diaries**
8.00 **The Pioneer Woman**
9.00 **Jamie's Easy Meals...**
10.00 **Tom Kerridge More Sunday Lunch**
11.00 **Great British Bake Off**
12.30 PM **30 Minute Meals**
1.00 **James Martin's American Adventure**
2.00 **James Martin: Sweet**
3.00 **Cake Diaries**
4.00 **The Pioneer Woman**
5.00 **Jamie's Easy Meals...**
6.00 **Tom Kerridge More Sunday Lunch**
7.00 **Great British Bake Off**
8.30 **30 Minute Meals**
9.00 **Jamie's Easy Meals for Every Day** New editions
10.00 **Jamie Oliver: Together**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Guy's Grocery Games**
+1hour 240/241 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 17/28. (S1)
9.00 **The Fall Guy** (S4)
10.00 **Charlie's Angels** (S2)
11.00 **Jules Verne's Mysterious Island**
2.30 PM **FILM Monte Walsh** Action Western. (2002, PG, 95min) ★★
5.00 **Star Trek** 1/26. (S2)
6.00 **Charlie's Angels** (S2)
7.00 **The Fall Guy** (S4)
8.00 **Walker, Texas Ranger**
9.00 **FILM The Mask of Zorro** Adventure with Antonio Banderas and Anthony Hopkins. (1998, PG, 137min) ★★★★
11.40 **FILM Braven** Action thriller starring Jason Momoa and Jill Wagner. (2018, 15, 94min) ★★★
1.30 AM **FILM War Pigs** Wartime adventure starring Luke Goss. (2015, 15, 88min) ★★
3.20 **to 4.55** AM **FILM Money Plane** Drama. (2020, 15, 82min) ★★

Legend Xtra

317 316 171 69 138 51

6.00 AM **FILM A Study in Terror** As 5.00pm.
8.00 **FILM Asteroid-a-geddon** Adventure. (2020, PG, 90min) ★★
10.00 **Andromeda** 16/22. (S2)
11.00 **FILM The Land That Time Forgot** Fantasy. (2009, 12, 90min) ★★
1.00 PM **FILM Sea of Sand** Wartime drama. (1958, b/w, U, 97min) ★★★
3.00 **Andromeda** 16/22. (S2)
4.00 **Six Million Dollar Man**
5.00 **FILM A Study in Terror** Mystery thriller. (1965, 15, 91min) ★★★
7.00 **Andromeda** 17/22. (S2)
8.00 **Six Million Dollar Man**
9.00 **FILM Escape from New York** Adventure with Kurt Russell. (1981, 15, 99min) ★★★★
11.00 **FILM The Resident** Horror with Hilary Swank. (2011, 15, 91min) ★★
1.00 **to 3.00** AM **FILM Escape from New York**
+1hour 318 371 139

Blaze

164 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Junk & Disorderly**
7.35 **Auction Hunters**
8.00 **Flipping Bangers**
8.55 **Hardcore Pawn**
10.15 **UFOs: Lost Evidence**
11.10 **The UnXplained**
12.10 PM **Secrets in the Ice**
1.05 **Pawn Stars**
2.05 **Junk and Disorderly**
3.05 **Flipping Bangers**
4.00 **Ancient Aliens**
6.00 **UFOs: Lost Evidence**
7.00 **Container Wars**
8.00 **Dickinson's Real Deal**
9.00 **Junk & Disorderly**
10.00 **Al Murray: Why Does Everyone Hate the British Empire?**
11.00 **The Killer Interview**
12.00 M'T **National Park Mysteries** Double bill.
1.00 AM **UFOs: Lost Evidence**
2.00 **Ancient Aliens**
3.45 **Court Cam**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **Inside the Tower of London** Double bill.
11.00 **Ben Fogle: New Lives in the Wild** Zambia.
12.00 NOON **Sue Perkins: Discovering Thailand**
1.00 PM **The Yorkshire Vet**
2.00 **Murder, She Wrote**
3.00 **Columbo** Crime drama.
4.30 **The Yorkshire Vet**
5.00 **Inside the Four Seasons: Park Lane**
6.00 **Inside the Tower of London** Double bill.
8.00 **Ben Fogle: New Lives in the Wild** The Azores.
9.00 **World War II: Secrets from Above**
10.00 **Nazi Megastructures**
11.00 **Prisoner: Cell Block H**
1.00 AM **FILM Love at the Christmas Chalet** Romantic comedy with Krystal Joy Brown. (2021, PG, 89min) ★★
2.50 **Paul Martin's Antiques Showdown**
3.40 **to 4.00** AM **Britain's Greatest Bridges**

HGTV

158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home** Six editions.
2.00 PM **A Place in the Sun**
3.00 **Derelict Rescue**
4.00 **Escape to the Country**
6.00 **A Place in the Sun**
8.00 **Escape to the Country**
9.00 **No Demo Reno** Hayley wants to transform her home while her three sons are on a two-week holiday.
10.00 **Bargain Block** New edition Keith Bynum and Evan Thomas revitalize a Detroit home with the chic style of London.
11.00 **Home Town**
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**
+1hour 258/262 391

TLC

133/134 139 165

7.00 AM **My Lottery Dream Home** Four editions.
9.00 **Say Yes to the Vegas Dress** Double bill.
11.00 **Say Yes to the Dress: Atlanta** Reality series.
12.00 NOON **1000-lb Sisters**
2.00 PM **Return to Amish**
3.00 **Outdaughtered: Busby Quints** Double bill.
5.00 **Little People, Big World**
6.00 **My 600lb Life**
8.00 **Dr Pimple Popper** Gabriel has a huge growth on his clavicle but is terrified of surgery.
9.00 **The Bad Foot Clinic**
10.00 **My Feet Are Killing Me**
11.00 **My Extreme Excess Skin**
12.00 M'T **Sex Sent Me to the ER** Medical series.
1.00 AM **Extreme Couponing**
2.00 **My Feet Are Killing Me**
3.00 **My Extreme Excess Skin**
4.00 **Dr Pimple Popper**
5.00 **to 6.00** AM **My Lottery Dream Home**
+1hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Last Man Standing**
9.00 **Everybody Loves Raymond** 11-14/26. (S3)
11.00 **Spin City** 6-9/24. (S1)
1.00 PM **Friends** (S10)
7.30 **Friends** 16/18. The gang throw a going-away party for Rachel. **8.00** 17/18. The pals face big changes. (S10)
9.00 **Michael McIntyre: Happy & Glorious** A performance from the comedian's 2015 tour.
10.00 **FILM National Lampoon's Animal House** Comedy starring John Belushi. (1978, 15, 109min) ★★★★★
12.15 AM **Whose Line Is It Anyway? USA**
1.15 **South Park** (S20)
3.10 **Important Things with Demetri Martin**
3.35 **The Daily Show** New edition Talk show
4.15 **to 5.00** AM **Friends**
+1hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Criminally Funny**
10.30 **Most Ridiculous**
11.00 **Friends** (S9)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.30 **Takeshi's Castle**
4.00 **Guessable?**
5.00 **Everybody Loves Raymond** 11-14/26. (S3)
7.00 **Spin City** 6/24. Ashley considers a move into the world of television. **7.30** 7/24. Carter and Nikki fake a wedding. **8.00** 8/24. Mike asks a developer for a favour. **8.30** 9/24. The mayor suffers a setback. (S1)
9.00 **Rhod Gilbert's Growing Pains** With Johnny Vegas and Aisling Bea.
10.00 **Friends** (S10&9)
1.45 AM **Beavis and Butt-Head** 2/3. (S1)
2.00 **Key & Peele**
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay

152 160 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **The Rookie: Feds**
11.00 **The Cleaning Lady** (S3)
1.00 PM **Motorway Patrol**
2.00 **Highway Patrol**
3.00 **911 Crisis Centre**
4.00 **Caught on Dashcam**
5.00 **Motorway Patrol**
6.00 **Bondi Rescue**
7.00 **The Cleaning Lady** (S3)
9.00 **SEAL Team** *Kill or Cure:* 9/20. The unit protect aid convoys in a hot zone. **10.00** *Unbecoming an Officer:* 10/20. An ensign runs into trouble. (S3)
11.00 **The Rookie: Feds**
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own** With Jimmy Carr.
2.00 **Duck Quacks Don't Echo** Lee Mack hosts.
3.00 **Road Wars**
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 137 134 351 366

6.00 AM **The Hills**
6.20 **Teen Mom UK**
7.10 **Teen Mom UK: Next Generation**
8.00 **Catfish: The TV Show**
4.00 PM **Help! I'm in a Secret Relationship!**
6.00 **Catfish UK**
7.00 **Teen Mom 2** Leah plans a party for the girls.
8.00 **The Hills: New Beginnings**
9.00 **MTV Unplugged**
10.00 **Queerpiphany**
11.00 **Ink Master Redemption** New edition An unhappy Canvas brings extra-terrestrial back-up.
11.30 **Ink Master Redemption**
12.00 M'T **Ridiculousness** New edition Rob, Steelo and Karrueche Tran roll out on foam rollers.
12.30 AM **Ridiculousness**
1.00 **The Challenge: Double Agents**
2.20 **Ink Master**
3.10 **to 4.00** AM **Geordie OGs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Barnwood Builders**
9.00 **Gold Rush** Double bill.
11.00 **Wheeler Dealers**
1.00 PM **Gold Divers** Double bill.
3.00 **Salvage Hunters** A 900-year-old abbey in Somerset. **4.00** A 17th-century mansion.
5.00 **Sewer Divers** Rick tackles a grease trap at a meat cutting facility in Massachusetts.
6.00 **Hoffman Family Gold** With a week left in the mining season, the Hoffmans scramble to hit their goal.

9.00 Deadliest Catch

7.00 Wheeler Dealers Mike and Elvis attempt to resuscitate a 1974 Jaguar XJ6 that has not been on the road since 1990.

8.00 Wheeler Dealers Mike and Elvis try to make an Audi RS6 estate car faster than a sports car.

9.00 Deadliest Catch New edition When the *Time Bandit* loses power, Johnathan deploys a probe to find the problem.

10.00 Gold Divers New edition Part one of two. Kris suffers a failure that threatens to end both his season and mining career.

11.00 **Gold Divers** New edition Part two of two. Shawn follows some old mining evidence.
12.00 M'T **Blowing Up History**
1.00 AM **Deadliest Catch** Keith sets a decoy to lure Sig away from good fishing.
2.00 **Gold Divers** As 10.00pm.
3.00 **to 5.00** AM **Deadliest Catch**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **Alaska: Homestead Rescue** Challenging builds.
9.00 **Project Grizzly**
10.00 **Tanked** With Kevin Smith.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **Alaska: Homestead Rescue**
5.00 **Lone Star Law** Snapper season on the Gulf sees the wardens busy with fishermen who are breaking the law.
6.00 **Dr Jeff: Rocky Mountain Vet** The doc treats an abandoned puppy with a broken leg.

7.00 Treehouse Masters

7.00 Treehouse Masters Pete Nelson builds a treehouse with a Wild West theme, complete with a county jail loft.

8.00 Guardians of the Glades Dusty's desire to break a record leads him on the most dangerous solo mission of his career.

9.00 Alaska: The Last Frontier Atz Lee prepares the Hunters Cabin in anticipation of moving further away.

10.00 Alaskan Bush People The Browns flee the mountain during a lightning storm in the heat of fire season.

11.00 **Pit Bulls & Parolees** Newlyweds from New Jersey seek a new family member.
12.00 M'T **Crikey! It's the Irwins** Bindi celebrates her birthday.
1.00 AM **Guardians of the Glades**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Europe from Above**
9.00 **Air Crash Investigation**
12.00 NOON **Car S.O.S** Double bill.
2.00 PM **Hitler Youth** Part one of two. Telling the story of the Nazi youth organisation. **3.00** Part two of two. The expansion of the organisation.
4.00 **Top Guns: The Next Generation** One student has a meeting with senior staff.
5.00 **Car S.O.S** A Ford Anglia.
6.00 **Lost Treasures of Egypt** An ex-lawyer searches for Queen Cleopatra's tomb.

7.00 Air Crash Investigation

7.00 Air Crash Investigation A plane that crashed just three miles from a runway, killing five of the eight people on board.

8.00 World War II: Secrets from Above The point in the war when the Allies took the beaches of Northern France.

9.00 Hitler's Last Stand In 1944, it falls to a group of American soldiers to capture the all-important Fort Koenigsmacker.

10.00 WW2: Hell Under the Sea New edition Event-based series charting the stealth game of subsea warfare.

11.00 **Air Crash Investigation** A disaster from 1985. **12.00** M'T A missing plane.
1.00 AM **Airport Security: Peru**
2.00 **To Catch a Smuggler**
2.30 **Money Meltdown**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Exotic Animal ER: Double Dose**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Flipping Bangers**
6.55 **Full Custom Garage** New edition A Led Sled project.
7.50 **American Pickers**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **Secrets Declassified with David Duchovny**
1.00 PM **History's Most Shocking**
2.00 **History's Greatest Mysteries**
3.00 **Secrets of Great British Castles** Edinburgh Castle.
4.00 **Storage Hunters**
5.00 **Canadian Pickers**
6.00 **American Pickers**

9.00 History's Most Shocking

7.00 Forged in Fire Four bladesmiths are challenged to forge the Celtic Ring Knife, using the San Mai technique.

8.00 Bone Detectives: Britain's Buried Secrets A team of scientists examine remains found at a Roman cemetery.

9.00 History's Most Shocking Series finale Analysis of four events, including the historic *Hindenburg* airship disaster of 1937.

10.00 History's Greatest Mysteries New edition The Old Testament's legendary lost places, such as Mount Sinai.

11.00 **Secrets in the Ice** A British plane that vanished in 1947.
12.00 M'T **Close Encounters Down Under** A look at UFO sightings in New South Wales.
12.55 AM **Secrets Declassified with David Duchovny**
1.50 **History's Most Shocking**
2.50 **Full Custom Garage**
3.40 **Pawn Stars** A cowboy hat.
4.25 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great American Railroad Journeys** Double bill.
8.00 **Bangers & Cash**
10.00 **True Evil: The Making of a Nazi** As shown at 4.00pm.
11.00 **Nazi Hunters** As 5.00pm.
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash**
4.00 **True Evil: The Making of a Nazi** Adolf Eichmann.
5.00 **Nazi Hunters** The hunt for commandant Franz Stangl.
6.00 **Antiques Roadshow** The team value rarities at Hanbury Hall, Droitwich.

8.00 Flipping Bangers

7.00 Cornwall with Simon Reeve Part two of two. Simon investigates the environmental challenges that are facing the county.

8.00 Flipping Bangers Will and Gus buy a Porsche 923 with a cracked interior, ripped seats and bad paintwork.

9.00 Bangers & Cash Jack is off to East Yorkshire for an 80's motor, where a Ford enthusiast is thinning out his herd of nine Escorts.

10.00 Bangers & Cash A selection of cars including a Jensen Interceptor and a Jensen Healey are auctioned.

11.00 **Bangers & Cash** Dave is in Lincolnshire picking up a 1935 Riley Falcon saloon car.
12.00 M'T **Find It, Fix It, Flog It** The boys visit Norfolk to assist a retired engineer and his wife.
1.00 AM **Abandoned Engineering**
2.00 **to 3.00** AM **Cornwall with Simon Reeve**

+1 hour 255 329

Tuesday

7 PM 8 PM 9 PM 10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Drive It** A pick-up truck.
7.00 **Salvage Hunters: Classic Cars**
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Repair Shop**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
5.00 **Find It, Fix It, Drive It**
6.00 **Wheeler Dealers**
7.00 **The Repair Shop**
8.00 **Shed and Buried: Classic Cars**
9.00 **Ant Anstead: Born Mechanic** New edition Ant tries to revamp a 1972 beach buggy.
10.00 **The Repair Shop**
11.00 **How Do They Do It?**
1.00 AM **Shed and Buried: Classic Cars**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress**
7.00 **Curvy Brides Boutique**
8.00 **Say Yes to the Dress**
10.00 **Say Yes to the Dress: Atlanta** Double bill.
11.00 **Judge Rinder's Crime...**
12.00 NOON **Betrayed**
1.00 PM **On the Case with Paula Zahn**
2.00 **Murder on CCTV**
3.00 **A Killer's Mistake**
4.00 **American Monster**
6.00 **Murder Chose Me**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV**
9.00 **Road Rage** New edition
9.30 **Exposed: Naked Crimes** New edition
10.00 **Crime Scene Investigators**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Cindy Borton.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Fatal Attraction** The more police uncover about Shalisa O'Dell, the more the suspect list grows.
8.00 **Murder by the Sea** A Bournemouth hotelier gets away with killing his wife in 1982.
9.00 **48 Hours** Marlene Warren was shot dead while her 21-year-old son looked on.
10.00 **Body in the Water** New edition A drought reveals a sunken Toyota holding the body of an expat who's been missing for two years.
11.00 **Killer Kids** The murder of Jamie Bulger.
12.00 M'T **Handsome Devils**
1.00 AM **48 Hours**
2.00 **Body in the Water**
3.00 **Murder by the Sea**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Storm of Suspicion**
11.00 **48 Hours** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Storm of Suspicion**
4.00 **48 Hours** Los Angeles County Sheriff's police investigate the death of film star Natalie Wood.
5.00 **Medical Detectives** The disappearance of a six-year-old girl. **5.30** How investigators used a handprint lifted from a murder victim to identify a killer. **6.00** A look at the investigation into the disappearance of a man's mail-order bride . **6.30** A look into the murder of an elderly couple, which initially produced no suspects.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Road Wars**
7.00 **Stop, Search, Seize**
8.00 **Motorway Patrol**
9.00 **Send in the Dogs**
10.00 **The Real Manhunter**
11.00 **Catching the Killer**
12.00 NOON **How I Caught...**
1.00 PM **Britain's Most Evil...**
2.00 **Killer in My Village**
3.00 **Catching the Killer**
4.00 **World's Most Evil Killers**
5.00 **How I Caught the Killer**
6.00 **Catching the Killer**
7.00 **Britain's Most Evil Killers**
8.00 **Murder of Lee Irving: Disability Mate Crime**
9.00 **Britain's Most Evil Killers**
10.00 **The Real Manhunter**
11.00 **Britain's Most Evil Killers**
12.00 M'T **Murdered at First Sight** Documentary.
1.00 AM **How I Caught...**
2.00 **Killer in My Village** New edition True-crime.
3.00 **Murdered at First Sight**
4.00 **Border Security USA**
5.00 **to 6.00** AM **Brit Cops**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Great Forts of the Mediterranean**
9.10 **WWII in Colour: Road to Victory**
10.20 **Conquistadors: The Rise and Fall**
11.25 **Forgotten Soldier**
1.00 PM **Great Forts of the Mediterranean**
2.10 **WWII in Colour: Road to Victory**
3.20 **Conquistadors: The Rise and Fall**
4.20 **Forgotten Soldier**
5.55 **Great Forts of the Mediterranean**
7.05 **WWII in Colour: Road to Victory**
8.10 **Conquistadors: The Rise and Fall** Columbus' return voyage begins with bloodshed.
9.15 **Forgotten Soldier**
10.55 **Great Forts of the Mediterranean**
12.00 M'T **Conquistadors: The Rise and Fall**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Eyes on the Prize III**
7.00 **Discovering: Jeff Goldblum**
8.00 **The Directors** Nora Ephron.
9.00 **The 2000s** The financial crisis.
10.00 **The Civil War**
11.00 **Stax: Soulsville USA**
12.00 NOON **Hawking: Can You Hear Me?** The life and career of physicist Stephen Hawking.
2.00 PM **Obama: In Pursuit of a More Perfect Union**
4.00 **Discovering: Jeff Goldblum**
5.00 **The Directors**
6.00 **The 2000s** The financial crisis.
7.00 **The Civil War** Summer of 1864.
8.00 **Black Widow** Following the decade-long investigation into Dena Thompson's crimes.
9.00 **Tell Them You Love Me** Exploring the story of an affair between a professor and a man with cerebral palsy.
11.00 **Germanwings: What Happened on Flight 9525?**
12.50 AM **QPR: The Four Year Plan**
2.40 **The United Way**
4.30 **Premier League Legends**
5.00 **to 6.00** AM **Discovering: Jeff Goldblum**

Sky Nature

145 113/114 189 354 369

6.00 AM **Ocean Parks**
7.00 **Monkey Life** Double bill.
8.00 **Rooted** A sausage tree.
9.00 **Wild Family Ties**
10.00 **The Wild Wild East**
11.00 **Ireland's Wild Islands with Eoin Warner**
12.00 NOON **New Kids in the Wild**
1.00 PM **Monkey Life** Double bill.
2.00 **Rooted** A sausage tree.
3.00 **Wild Family Ties**
4.00 **The Wild Wild East**
5.00 **Hope for Wildlife**
6.00 **New Kids in the Wild**
7.00 **Monkey Life** Double bill.
8.00 **David Attenborough's Galapagos** Documentary.
9.00 **Pride Rules** Lion prides.
10.00 **New Kids in the Wild**
11.00 **Hope for Wildlife**
12.00 M'T **Ireland's Wild Islands with Eoin Warner**
1.00 AM **Ocean Parks**
2.00 **David Attenborough's Galapagos** As 8.00pm.
3.00 **Pride Rules** As 9.00pm.
4.00 **Rooted** A sausage tree.
5.00 **to 6.00** AM **Wild Family Ties**

Sky History 2

163/168 143 186

6.00 AM **Secrets Declassified with David Duchovny**
7.00 **Bradley Walsh: Egypt's Cosmic Code**
8.00 **The Proof Is Out There**
9.00 **The Sound and the Fury**
11.00 **Ancient Aliens: Origins**
1.00 PM **Alien Files: Unsealed**
2.00 **Walking Through History**
3.00 **Digging for Britain**
4.00 **Secrets Declassified with David Duchovny**
5.00 **Bradley Walsh: Egypt's Cosmic Code** The Sphinx.
6.00 **The Proof Is Out There**
7.00 **The Sound and the Fury** The fall of Germany at Stalingrad. **8.00** The fall of the Third Reich.
9.00 **The Nostradamus Effect** Isaac Newton's obsession with biblical prophecies. **10.00** Apocalyptic prophecies.
11.00 **Ancient Aliens: Origins**
1.00 AM **Alien Files: Unsealed**
2.00 **Walking Through History**
3.00 **Digging for Britain**
4.00 **Weird Britain** From Cornwall.
5.00 **to 6.00** AM **Rust Valley Restorers**

Crime+Investigation

156 142 133

6.00 AM **Imperfect Murder**
7.00 **Homicide Hunter**
8.00 **Judge Rinder**
9.00 **Murdertown** Louise Smith.
10.00 **Buried in the Backyard**
11.00 **Hometown Tragedy**
12.00 NOON **Meet, Marry, Murder**
1.00 PM **Somebody's Hiding...**
2.00 **Judge Rinder**
3.00 **Critical Evidence**
4.00 **Murdertown** Elaine Doyle.
5.00 **When Missing Turns to Murder**
6.00 **Imperfect Murder**
7.00 **Green Eyed Killers**
8.00 **Somebody's Hiding Something**
9.00 **Look What You Made Me Do** New edition True-crime.
10.00 **Accused: Did I Do It?**
11.00 **Lie Detector: Truth or Deception** Raven Abaroa.
12.00 M'T **Somebody's Hiding...**
1.00 AM **Look What You Made Me...**
2.00 **Secrets of Celebrity Sex Tapes** New edition
3.00 **Meet, Marry, Murder**
4.00 **When Missing Turns to Murder**
5.00 **to 6.00** AM **Buried in the...**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Something Bit Me**
10.00 **When Sharks Attack 360**
11.00 **The Hatcher Family Dairy**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Close Encounters of the Wild Kind** Elephants crushing cars.
3.00 **Savage Kingdom**
4.00 **Secrets of the Zoo**
5.00 **The Incredible Dr Pol**
6.00 **Critter Fixers: Country Vets**
7.00 **Secrets of the Zoo: Rhinos**
8.00 **National Parks: USA** 1/5. The annual journey of brown bears, wolves and salmon within Katmai National Park. **9.00** 2/5. Exploring the Everglades, the first national park founded to protect wildlife.
10.00 **Lawless Island** Oliver and Breanna go on a bear hunt.
11.00 **Ice Road Rescue**
12.00 M'T **Something Bit Me**
1.00 AM **Swamp Men**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet** Dr Oakley prepares two bison for the wild.
4.00 **to 5.00** AM **Africa's Deadliest**

Discovery History

174 147 181 320 325

7.00 AM **Did the Mob Kill JFK?**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers: Reloaded**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works** New discoveries lead scientists to question if the Big Bang really happened.
8.00 **Did the Mob Kill JFK?** Evidence suggesting the Mafia ordered the assassination of President John F Kennedy.
9.00 **Secrets Underground** Mysterious rocks at the bottom of Lake Michigan known as Underwater Stonehenge.
10.00 **How Do They Do It?**
11.00 **Massive Engineering Mistakes**
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **Inside the Ambulance**
2.00 PM **Inside the Ambulance** Laura and Jason treat a woman who is having a stroke. **3.00** V and Ollie assist a woman who has suffered a seizure but refuses to go to hospital. **4.00** Sam and Carla blue-light it to a man who has fallen badly at home, while Ash and Craig help a boy who has been attacked at his local fun fair.
5.00 **Secret Army** *Child's Play:* 4/16. Brandt gets hold of an unpublished article that he hopes will reveal clues about Lifeline's escape route. **6.10** *Second Chance:* 5/16. An RAF deserter is given shelter by a barge-owner, but fights repatriation. **7.20** *Growing Up:* 6/16. The discovery of an injured airman by a Belgian boy puts more than Lifeline at risk. (S1)
8.30 **Secret Army** Eight episodes.
5.15 **to 6.00** AM **Great British Railway Journeys**

+1 hour 266 376

ID

154 141 166

8.00 AM **Married to Evil**
9.00 **Evil Online** Double bill.
11.00 **American Monster**
12.00 NOON **Evil Lives Here**
1.00 PM **Valley of the Damned**
3.00 **American Monster**
4.00 **Evil Lives Here**
5.00 **Murder Comes to Town**
7.00 **Grave Secrets** The 1995 case of Wendy Kratzert, whose van initially appeared to have skidded off the road. **8.00** The murder of cocktail waiter Shauna Tiaffay in 2012.
9.00 **Evil Lives Here: The Killer Speaks** Kristin struggles to understand how her brother became a cold-blooded killer.
10.00 **The Fall of Diddy** Allegations of sex trafficking and abuse hit Sean Combs in late 2023. **11.00** Sean Combs' alleged mistreatment of women avoids public scrutiny.
12.00 M'T **Signs of a Psychopath**
2.00 AM **Grave Secrets** Double bill.
4.00 **to 6.00** AM **Murder Comes to Town**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Incredible Engineering Blunders: Fixed**
7.00 **Texas Metal** A 1968 Chevy C10.
8.00 **Motor Pickers** Double bill.
9.00 **Kindig Customs**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Kindig Customs**
4.00 **Fifth Gear** The Ford Mustang.
5.00 **Salvage Hunters: Classic Cars**
6.00 **Motor Pickers**
7.00 **Shed and Buried**
8.00 **Fifth Gear** Testing the Lamborghini Huracan Sterrato.
9.00 **Richard Hammond's Big**
10.00 **Kindig Customs** The crew prep for the last car show of the year.
11.00 **Shed and Buried**
12.00 M'T **Fifth Gear** As 8.00pm.
1.00 AM **Roadworthy Rescues**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Speed Is the New Black**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **Panda Plan** As 3.40am.
7.50 **Juliet & Romeo** Musical. (2025, 12, 122min) ★★★
10.00 **Spin the Bottle** Horror. (2024, 15, 119min) ★★
12.10 PM **Bridget Jones: Mad About the Boy** As 8.00pm.
2.20 **Code 3** As shown at 10.10pm.
4.15 **It Feeds** Horror with Shawn Ashmore. (2025, 15) ★★★
6.05 **Wish You Were Here** Drama starring Isabelle Fuhrman. (2025, 12, 99min) ★★★

6.05 Wish You Were Here

8.00 **Bridget Jones: Mad About the Boy** Romantic comedy starring Renée Zellweger. Recently widowed Bridget Jones enters the dating game once again, caught between her son's science teacher and a man 20 years her junior. (2024, 15, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Code 3** Action comedy starring Rainn Wilson and Lil Rel Howery. On his final shift, a burned-out paramedic has to train his keen but inexperienced replacement. (2025, 15, 104min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **It Feeds** As 4.15pm.
1.50 AM **Wolf Man** Werewolf horror starring Christopher Abbott. (2024, 15, 103min) ★★★
3.40 **Panda Plan** Action comedy. (2024, 15, 99min) ★★★
5.25 **to 7.10** AM **Wish You Were Here** As shown at 6.05pm.

Sky Cinema Hits

303 303 403 503 517

6.25 AM **My Big Fat Greek Wedding 2** (2016, 12) ★★
8.05 **Crazy Rich Asians** Comedy. (2018, 12, 120min) ★★★★
10.00 **Junior** (1994, PG) ★★★
12.00 NOON **The Holdovers** Drama. (2023, 15, 133min) ★★★★★
2.15 PM **The Nutty Professor** Comedy. (1996, 12) ★★★
4.00 **Nutty Professor II: The Klumps** (2000, 12) ★★★
6.00 **Baywatch** Action comedy. (2017, 15, 121min) ★★

10.20 The Holiday

8.00 **Love Actually** Romantic comedy starring Hugh Grant, Bill Nighy, Laura Linney and Colin Firth. In the run-up to Christmas, love changes the lives of a host of different characters, ranging from the prime minister to a faded rock star. (2003, 15, 135min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **The Holiday** Romantic comedy starring Cameron Diaz and Kate Winslet. Two women living on opposite sides of the Atlantic swap homes for Christmas and embark on new romances. (2006, 12, 135min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **Hollow Man** Sci-fi thriller. (2000, 18, 113min) ★★★
2.40 **Ghost Rider** Adventure. (2006, 12, 106min) ★★★
4.40 **to 6.50** AM **Total Recall** Sci-fi action thriller remake. (2012, 12, 113min) ★★★

Sky Cinema Drama

310 310 410 510 524

6.35 AM **Elizabeth: The Golden Age** Historical drama sequel. (2007, 12, 114min) ★★★
8.35 **P.S. I Love You** Comedy drama. (2007, 12, 121min) ★★★
10.45 **Lee** Biopic starring Kate Winslet. (2023, 15, 117min) ★★★
12.45 PM **Scent of a Woman** Drama. (1992, 15, 157min) ★★★★
3.20 **The Holiday** Romantic comedy. (2006, 12, 135min) ★★★
5.40 **A League of Their Own** Comedy starring Tom Hanks. (1992, PG, 124min) ★★★★
8.00 **The Bodyguard** Romantic thriller starring Kevin Costner, Whitney Houston and Gary Kemp. (1992, 15, 129min) ★★★
10.10 **Grease** Musical starring John Travolta and Olivia Newton-John. An Australian teenager at a 1950s California high school falls in love with the tough-talking leader of the T-Birds gang. (1978, PG, 110min) ★★★★
12.05 AM **Dreamgirls** Musical. (2006, 12, 130min) ★★★★
2.20 **There Will Be Blood** Drama starring Daniel Day-Lewis. (2007, 15, 158min) ★★★★★
5.00 **to 6.50** AM **The Boy in the Striped Pyjamas** War drama. (2008, 12, 94min) ★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

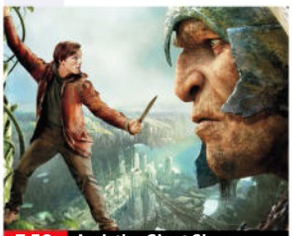
6.50 AM **The Lawnmower Man** Thriller. (1992, 15, 105min) ★★★
9.20 **Unhinged** Psychological thriller. (2020, 15, 90min) ★★★
11.00 **Cloverfield** Offbeat disaster movie. (2007, 15, 81min) ★★★
12.35 PM **57 Seconds** Thriller. (2023, 15, 99min) ★★★
2.20 **10 Cloverfield Lane** Thriller with Mary Elizabeth Winstead. (2016, 12, 103min) ★★★★
4.10 **Mad Max: Fury Road** Sci-fi thriller starring Tom Hardy. (2015, 15, 120min) ★★★★★
6.20 **Gravity** Thriller starring Sandra Bullock and George Clooney. (2013, 12, 91min) ★★★★★
8.00 **Godzilla** Thriller remake starring Aaron Taylor-Johnson. (2014, 12, 118min) ★★★
10.10 **Arcadian** Dystopian horror thriller starring Nicolas Cage. (2024, 15, 92min) ★★★★
11.50 **The Invisible Man** Thriller. (2020, 15, 124min) ★★★★
2.00 AM **Event Horizon** Sci-fi horror thriller starring Sam Neill. (1997, 18, 96min) ★★★
3.45 **Repo Man** Cult sci-fi thriller. (1984, 18, 92min) ★★★★
5.25 **Cinema List: Men in Black Films**
5.45 **to 7.10** AM **Friendship's Death** Drama. (1987, 15, 78min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.15 AM **Zathura: A Space Adventure** Sci-fi adventure. (2005, PG, 113min) ★★★★
8.10 **Hook** Fantasy. (1991, U) ★★★
10.40 **The Huntsman: Winter's War** Fantasy. (2016, 12) ★★★
12.45 PM **Ella Enchanted** Fantasy. (2004, PG, 96min) ★★★
2.35 **Reuniting the Rubins** Comedy. (2010, PG, 98min) ★
4.25 **Yogi Bear** (2010, U) ★★★
6.00 **Peter Rabbit** Family comedy. (2018, PG, 95min) ★★★


7.50 Jack the Giant Slayer

7.50 **Jack the Giant Slayer** Fantasy starring Nicholas Hoult and Eleanor Tomlinson. A plucky young farmboy scales a giant beanstalk to rescue a stranded princess – and encounters a race of sky-dwelling giants. (2013, 12, 114min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Snow White and the Huntsman** Fantasy starring Kristen Stewart and Chris Hemsworth. Young princess Snow White strives to overcome her evil stepmother. (2012, 12, 127min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Oliver!** Musical starring Mark Lester and Jack Wild. (1968, U, 146min) ★★★★★
2.50 **The Spiderwick Chronicles** Children's fantasy adventure. (2008, PG, 91min) ★★★★
4.40 **to 6.30** AM **A Tiger's Journey** Drama starring Sunny Pawar. (2023, PG, 94min) ★★★

Sky Cinema Action

307 307 407 507 521

7.15 AM **The Beekeeper** (2023)
9.10 **The Green Hornet** Fantasy. (2011, 12, 118min) ★★★
11.20 **Troy** Drama starring Brad Pitt. (2004, 15, 163min) ★★★
2.10 PM **Rampage** Adventure. (2018, 12, 107min) ★★★
4.05 **The Beekeeper** Thriller. (2023, 15, 105min) ★★★
6.00 **Madame Web** Comic-book drama starring Dakota Johnson and Sydney Sweeney. (2024, 12, 116min) ★★★

6.00 Madame Web

8.00 **Saving Private Ryan** Steven Spielberg's harrowing World War Two drama starring Tom Hanks, Tom Sizemore, Edward Burns and Matt Damon. A small team of US soldiers are sent to find and rescue a young private whose three brothers have been killed in action. (1998, 15, 169min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 **Shooter** Thriller starring Mark Wahlberg and Danny Glover. (2007, 15, 125min) ★★★★
1.20 AM **Old Guy** Comedy starring Christoph Waltz and Lucy Liu. (2024, 15, 94min) ★★★
3.10 **Midnight Run** Comedy thriller with Robert De Niro, Charles Grodin and Yaphet Kotto. (1988, 18, 122min) ★★★★
5.30 **to 7.15** AM **King of Killers** Action thriller starring Alain Moussi. (2023, 15, 92min) ★

Sky Cinema Comedy

308 308 408 508 522

6.40 AM **Nacho Libre** Comedy. (2006, 12, 92min) ★★★★
8.15 **Love Actually** Comedy. (2003, 15, 135min) ★★★
10.35 **You, Me and Dupree** Comedy. (2006, 12, 109min) ★★★
12.25 PM **Dumb and Dumber To** Comedy sequel. (2014, 15) ★★
2.15 **My Big Fat Greek Wedding 2** Comedy sequel. (2016, 12) ★★
3.55 **Pixels** Comedy. (2015, 12) ★★
5.45 **The Blues Brothers** Comedy. (1980, 15, 135min) ★★★★★

5.45 The Blues Brothers

8.00 **Disaster Movie** Comedy starring Matt Lanter and Vanessa Minnillo. Over the course of a single evening, a group of friends encounter a series of natural disasters. (2008, 12, 86min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 **Sixteen Candles** John Hughes' teen comedy starring Molly Ringwald as a teenager with dreams of a perfect romance. With Anthony Michael Hall. (1984, 12, 89min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 **Just Friends** Romantic comedy with Ryan Reynolds. (2005, 12, 94min) ★★
1.00 AM **Alfie** Comedy remake starring Jude Law, Marisa Tomei and Susan Sarandon. (2004, 15, 106min) ★★★
2.50 **Mr Deeds** Comedy. (2002, 12, 96min) ★★★
4.30 **The Cinema List: SNL**
4.50 **to 6.35** AM **David Brent: Life on the Road** Mockumentary. (2016, 15, 96min) ★★

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **Caddo Lake** (2024) ★★★
7.50 **A Place Called Silence** Chinese thriller. Subtitled. (2024, 15, 119min) ★★★
9.50 **Restless** As 4.00am.
11.25 **In the Line of Fire** Thriller. (1993, 15, 127min) ★★★★
1.35 PM **Angels & Demons** Thriller. (2009, 12, 138min) ★★
4.05 **The Perfect Storm** Drama. (2000, 12, 129min) ★★★★
6.15 **Eye in the Sky** Thriller. (2015, 15, 112min) ★★★★

10.00 Now You See Me

8.00 **Ocean's Eight** Crime caper starring Sandra Bullock, Cate Blanchett, Anne Hathaway and Mindy Kaling. Following in the footsteps of brother Danny, light-fingered Debbie Ocean plans a complex heist. (2018, 12, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

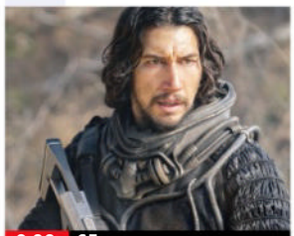
10.00 **Now You See Me** Heist thriller starring Jesse Eisenberg and Isla Fisher. A quartet of Las Vegas magicians go on a crime spree, puzzling the FBI and Interpol. (2013, 12, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Collateral** Michael Mann's thriller starring Tom Cruise. (2004, 15, 120min) ★★★★
2.05 AM **Sleepers** Drama starring Kevin Bacon and Robert De Niro. (1996, 18, 146min) ★★★
4.45 **to 6.25** AM **Restless** Jed Hart's thriller starring Lyndsey Marshal. (2024, 15, 89min) ★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **A Lawless Street** Western. (1955, U, 78min) ★★
12.40 PM **The Frogmen** Adventure. (1951, b/w, U, 96min) ★★★
2.35 **Henry VIII and His Six Wives** Drama starring Keith Michell. (1972, PG, 125min) ★★★
4.55 **The Violent Men** Western. (1955, PG, 96min) ★★★
6.50 **Fatherhood** Comedy starring Kevin Hart and Alfre Woodard. (2021, 12, 109min) ★★★


9.00 65

Fatherhood (film started at 6.50pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **65** Action adventure starring Adam Driver and Ariana Greenblatt. When an astronaut crashes on a mysterious planet, he fights for survival amidst the deadly wildlife. (2023, 12, 93min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 **Glory** Historical drama about America's first black regiment, raised by the Union to fight in the Civil War, starring Matthew Broderick. (1989, 15, 122min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.15 **to 3.35** AM **And Then We Danced** Georgian drama with Levan Gelbakhiani. Subtitled. (2019, 15, 113min) ★★★★

+1 hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema Halloween

302 302 402 502 516

7.15 AM **Friday the 13th Part II** Horror sequel. (1981, 18) ★★
8.50 **Friday the 13th Part III** Horror sequel. (1982, 18, 95min) ★
10.30 **Psycho** As shown at 7.15pm.
12.15 PM **Die Alone** Zombie horror. (2024, 15, 91min) ★★★★
1.50 **The Ring** Horror chiller remake. (2002, 15, 115min) ★★★
3.50 **The Parenting** Horror comedy. (2025, 15, 94min) ★★★

5.30 **Gothika** Horror starring Halle Berry. (2003, 15, 98min) ★★★
7.15 **Psycho** Horror chiller remake starring Anne Heche and Vince Vaughn. (1998, 15, 100min) ★
9.00 **Ouija** Horror chiller starring Olivia Cooke and Ana Coto. (2014, 15, 87min) ★★
10.35 **Ouija: Origin of Evil** Horror prequel with Elizabeth Reaser. When a Ouija board is introduced to a scam seance act, it does more than spice up a stale routine. (2016, 15, 99min) ★★★

12.15 AM **Bram Stoker's Dracula** Francis Ford Coppola's horror. (1992, 18, 123min) ★★★
2.25 **Videodrome** Sci-fi thriller. (1982, 18, 88min) ★★★★
3.55 **Die Alone** As shown at 12.15pm.
5.30 **to 7.15** AM **The Watched** Horror. (2024, 15, 102min) ★★★

Sky Cinema Greats

304 304 404 504 518

6.25 AM **Small Soldiers** Adventure. (1998, PG, 99min) ★★★★
8.20 **Galaxy Quest** Sci-fi comedy. (1999, PG, 102min) ★★★★
10.15 **HouseSitter** Romantic comedy. (1992, PG, 102min) ★★★
12.00 NOON **The Nutty Professor** Comedy starring Eddie Murphy. (1996, 12, 95min) ★★★
1.40 PM **The Golden Child** Fantasy. (1986, PG, 93min) ★★

3.20 **Alfie** Comedy starring Michael Caine and Shelley Winters. (1966, 15, 114min) ★★★★
5.15 **Scent of a Woman** Drama. (1992, 15, 157min) ★★★★
8.00 **The Fisher King** Terry Gilliam's fantasy starring Robin Williams. (1991, 15, 137min) ★★★★★
10.20 **Bad Boys** Action comedy thriller starring Martin Lawrence. A bachelor cop and his married partner have to switch identities in their pursuit of heroin thieves. (1995, 15, 118min) ★★★

12.40 AM **Shane** Classic Western. (1953, PG, 118min) ★★★★★
2.40 **Billy Madison** Comedy. (1995, PG, 90min) ★★
4.20 **The Cinema List: British Sky Originals**
4.50 **to 6.40** AM **Twins** Comedy. (1988, PG, 107min) ★★★

Sky Cinema Animation

305 305 412 500 514

7.25 AM **Kung Fu Panda 2** (2011)
9.10 **Rugrats Go Wild** Animated comedy. (2003, U, 81min) ★★★
10.45 **Migration** (2023, U) ★★★
12.25 PM **Rock Dog 3: Battle the Beat** Animated adventure sequel. (2022, U, 90min) ★★
2.10 **Sing** Animated comedy. (2016, U, 108min) ★★★
4.00 **Despicable Me 2** Animated sequel. (2013, U, 97min) ★★★

5.45 **Kung Fu Panda 2** Animated comedy adventure sequel. (2011, PG, 90min) ★★★★
7.30 **Home** Animated comedy. (2014, U, 94min) ★★★
9.15 **Noah's Ark** Animated adventure featuring the voice of Rodrigo Santoro. (2024, U, 96min) ★★★
11.05 **The Wild Thornberrys Movie** Animated family adventure. (2002, U, 85min) ★★★★
12.45 AM **Over the Hedge** Animated comedy with the voice of Bruce Willis. (2006, U, 83min) ★★★★

2.25 **Scarygirl** Animated adventure. (2023, PG, 90min) ★★★
4.10 **Little Vampire** Animation. (2020, PG, 85min) ★★★
5.45 **to 7.20** AM **Straight Outta Nowhere: Scooby-Doo! Meets Courage the Cowardly Dog** Animation. (2021, PG) ★★★

Christmas 24

312 313 419

7.00 AM **Debbie Macomber's Joyful Mrs Miracle** Festive fantasy. (2024, PG, 84min) ★★
9.00 **Marry Christmas** Romantic comedy. (2024, PG, 85min) ★★
11.00 **Deck the Halls on Cherry Lane** Festive drama anthology sequel. (2024, PG, 90min) ★★
1.00 PM **Trivia at St Nick's** Festive comedy starring Tammin Sursok. (2024, PG, 84min) ★★

3.00 **Christmas Stars** Romantic comedy. (2019, PG, 88min) ★★
5.00 **A Christmas Castle Proposal: A Royal in Paradise II** Festive drama. (2024, U, 85min) ★★
7.00 **Jolly Good Christmas** Romantic comedy starring Will Kemp. (2022, PG, 90min) ★★
9.00 **Christmas on Cherry Lane** Drama starring Catherine Bell. Three couples navigate turning points in their lives over the course of the same Christmas. (2023, PG, 90min) ★★

11.00 **A Cowboy Christmas Romance** Drama. (2023, PG, 85min) ★★
1.00 AM **#Xmas** Festive comedy. (2022, PG, 90min) ★★
3.00 **to 5.00** AM **The Gift of Peace** Drama. (2022, PG, 84min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **The Westerner** 3/13. (S1)
6.30 **Look at Life** Documentary.
6.45 **Love from a Stranger** (1936)
8.30 **Out of Town** Documentary.
9.00 **Woman on the Run** Drama. (1950, b/w, PG, 77min) ★★
10.35 **Clash by Night** Crime thriller. (1963, PG, 76min) ★★★
12.00 NOON **Dixon of Dock Green**
1.05 PM **Made for Each Other** Drama. (1939, b/w, U, 90min) ★★★

2.55 **London Life** The city in 1933.
3.10 **Battle of the V1** War drama. (1958, b/w, PG, 109min) ★★
5.10 **Look at Life** Documentary.
5.20 **Edgar Wallace Mystery Theatre**
6.30 **Four Star Theatre** 34/41. (S4)
7.05 **Batman** 29/60. (S2)
7.35 **Dial 999** 30/39. (S1)
8.05 **The Mind of Mr JG Reeder**
9.10 **She Played with Fire** Drama. (1957, b/w, PG, 95min) ★★
11.05 **Cellar Club with Caroline Munro**
11.10 **Visiting Hours** Horror thriller. (1981, 18, 105min) ★★

1.20 AM **Cellar Club with Caroline...**
1.25 **The Power** Horror starring Suzy Stokey. (1984, 18, 84min) ★★
3.10 **Cellar Club with Caroline Munro**
3.15 **Scarlet Street** Film noir thriller. (1945, b/w, PG, 101min) ★★★★
5.20 **Look at Life** Documentary.
5.30 **to 6.00** AM **Beverly Hillbillies**

Tuesday

Sky Sports Main Event

401 401 511 501 419 439

5.30 AM **LIVE WTA & ATP Tennis** The ATP Shanghai Masters and the WTA Wuhan Open at Qizhong Forest Sports City Arena and Optics Valley International Tennis Center respectively.
10.00 **LIVE ICC Women's World Cup England v Bangladesh.** The group match staged at Barsapara Cricket Stadium, Guwahati, as Nat Sciver-Brunt's side play their second group match. England last won this tournament in 2017 when they beat India in the final at Lord's.
5.30 PM **The Premier League Show**
6.00 **LIVE World Grand Prix Darts** Day two from Mattioli Arena in Leicester, featuring first-round matches, played over the best of three sets. Mike De Decker was the shock champion last year and he got his tournament under way 12 months ago with a 2-1 victory over Damon Heta.
11.00 **Sky Sports News**
4.00 **to 5.30** AM **LIVE WTA Tennis** Coverage of the third day of the WTA Wuhan Open, a hard-court tournament staged at Optics Valley International Tennis Center.

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League 100 Club**
9.00 **Ref Watch** Refereeing decisions.
9.30 **Netbusters** Recent action.
10.00 **Sky Sports FC**
12.00 NOON **Premier League Review**
1.00 PM **Premier League Years** A look at memorable moments from the 2005/06 season.
3.00 **PL Retro** Chelsea v Tottenham Hotspur in the 2015/16 season.
5.00 **The Premier League Show** A daily guide to the top flight.
7.00 **Match Officials Mic'd Up** Audio of selected incidents from the Premier League.
7.30 **Netbusters** Action from the Premier League, with fast-paced highlights using alternative angles, featuring goals from every game.
8.00 **The Big Interview**
8.30 **Netbusters** Recent action.
9.00 **Premier League Review**
10.00 **Match Officials Mic'd Up**
10.30 **Netbusters** Recent highlights.
11.00 **Premier League Years**
1.00 AM **PL Retro** Leicester City v Manchester United from 2014.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Cup Retro**
8.00 **Scottish Premiership Goals**
9.00 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **EFL Cup Highlights**
11.30 **EFL** The 2017/18 season.
12.00 NOON **SPFL Highlights**
12.30 PM **EFL League One Goals**
1.00 **EFL League Two Goals**
1.30 **EFL Highlights** Championship.
3.00 **WSL** Recent action.
3.30 **SPFL Round-Up**
3.45 **SPFL Highlights**
4.00 **EFL Highlights** Championship.
5.00 **Bundesliga Highlights Show**
6.00 **WSL** Manchester City v Arsenal.
6.30 **SPFL Round-Up**
6.45 **SPFL Highlights**
7.00 **EFL Highlights**
8.30 **WSL** Highlights from London City Lionesses v Liverpool.
9.00 **EFL League One Goals**
9.30 **EFL League Two Goals**
10.00 **EFL Highlights** Championship.
10.30 **SPFL Round-Up**
10.45 **SPFL Highlights**
11.00 **EFL Greatest Games**
12.00 M'T **Retro League One**
2.45 AM **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.00 **to 6.00** AM **Scottish Premiership Goals**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **ICC Women's World Cup**
10.00 **LIVE ICC Women's World Cup England v Bangladesh.** The group match from Barsapara Cricket Stadium, Guwahati, as Nat Sciver-Brunt's side play their second group match. England last won this tournament in 2017 when they beat India at Lord's. Their opponents are playing in just their second World Cup after their first appearance came at the last tournament three years ago.
5.45 PM **ICC Women's World Cup 2017** England v India.
6.30 **ICC Women's World Cup** The group match between New Zealand and South Africa from Holkar Cricket Stadium, Indore. **7.30** The group match between India and Pakistan from R. Premadasa Stadium, Colombo. **8.30** Action from the group match between England and Bangladesh held at Barsapara Cricket Stadium, Guwahati.
9.30 **ICC Women's World Cup 2017** Action from England v Australia at the County Ground in Bristol.
10.00 PM **to 6.00** AM **ICC Women's World Cup**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **Playing Lessons**
7.00 **Golf Academy** Expert advice.
8.00 **Nick Dougherty's Tee Time Tips**
9.00 **School of Golf**
9.30 **DP World Tour Golf**
10.00 **PGA Tour Golf** Highlights.
11.00 **Legends Tour Golf**
12.00 NOON **Playing Lessons**
1.00 PM **Nick Dougherty's Tee Time Tips** Expert golfing advice.
2.00 **Mark Roe's Short Game School**
2.30 **The Golf Fitness Show**
3.00 **The Improvers** A series of tips.
3.15 **Trey's Tips** Golf advice.
3.30 **DP World Tour Golf**
4.00 **PGA Tour Golf** Recent action.
5.00 **Legends Tour Golf**
6.00 **Ladies European Tour Golf**
7.00 **Golf** Recent highlights.
9.30 **Ladies European Tour Golf**
10.30 **PGA Tour Golf** Highlights.
11.30 **DP World Tour Golf**
12.00 M'T **Legends Tour Golf**
1.00 AM **The Open Zone**
1.30 **School of Golf** Expert advice.
2.30 **Golf Academy**
3.30 **Nick Dougherty's Tee Time Tips**
4.30 **Playing Lessons**
5.00 **to 6.00** AM **School of Golf**

Sky Sports Tennis

408 408 537 520 425 445

5.30 AM **LIVE WTA & ATP Tennis** The ATP Shanghai Masters and the WTA Wuhan Open at Qizhong Forest Sports City Arena and Optics Valley International Tennis Center respectively.
4.00 PM **ATP Tour This Week**
4.30 **ATP Tennis** Beijing Open final.
5.30 **WTA Tennis** Beijing Open review.
6.00 **WTA & ATP Tennis**
2.00 AM **Mirra Andreeva Podcast**
2.15 **WTA & ATP Tennis** Highlights from the Madrid Open finals.
2.45 **Bitesize Tennis**
3.00 **ATP Tennis** Beijing Open final.
4.00 **to 5.30** AM **LIVE WTA Tennis** Coverage of the third day of the Wuhan Open staged at Optics Valley International Tennis Center.

TNT Sports 1

410 413 521 408 430

6.00 AM **UEFA Champions League**
6.30 **WNBA** Game two of the finals.
7.30 **LIVE Snooker Xi'an Grand Prix** The second session from the first round of the tournament at Qujiang Sports Complex in China.
10.30 **Premier League: Big Interview**
11.00 **UCI Mountain Bike World Series** From Lake Placid.
12.00 NOON **LIVE Cycling: Binche Chimay Binche** Coverage of the women's one-day race in Wallonia.
1.15 PM **UEFA Champions League Magazine** News and updates.
1.45 **LIVE Cycling: Binche Chimay Binche** Coverage of the men's one-day race in Wallonia, Belgium.
4.30 **UCI Mountain Bike World Series** From Lake Placid.
6.30 **European Rally Championship**
7.00 **British Superbikes Highlights**
8.00 **British Speedway**
9.00 **MLB Highlights**
10.00 **LIVE MLB** Coverage of an MLB Postseason match.
1.15 AM **MLB Classic** Archive action.
2.00 **LIVE MLB** Coverage of an MLB Postseason fixture.
5.15 **MLB Classic** Archive action.
5.45 **to 6.00** AM **UEFA Champions League Goals Reload**

TNT Sports 2

411 414 522 409 431

6.00 AM **Serie A** Action from Italy.
8.00 **Premier League Review**
9.00 **Cycling European Championship**
10.00 **LIVE Cycling: Tre Valli Varesine** The women's one-day race from Lombardy in Italy.
11.45 **Training Day** Greenfell Athletic.
12.00 NOON **Premier League Review**
1.00 PM **MLB Highlights**
2.00 **Premier League: Big Interview**
2.30 **LIVE Cycling: Tre Valli Varesine** Coverage of the men's one-day race in Varese, Italy.
4.00 **Supertri E World Triathlon Championship** In Toulouse.
5.00 **NWSL** Action from Washington Spirit v San Diego Wave FC. **6.00** Highlights from NJ/NY Gotham FC v Seattle Reign.
7.00 **SailGP Highlights**
8.00 **FIA Extreme H World Cup**
8.30 **Premier League Netbusters**
9.00 **Premier League Stories**
9.30 **Premier League: Big Interview**
10.00 **Premier League Reload**
10.15 **MotoGP Rewind**
10.30 **Women's Cycling Pro Series**
11.30 **Men's Cycling Pro Series**
1.30 AM **NWSL** Recent action.
3.30 **Snooker Xi'an Grand Prix**
5.30 **to 6.00** AM **Formula E**

Sky Sports NFL

412 410 517 507 426 446

6.00 AM **NFL Highlights**
10.00 **NFL Bitesize Highlights**
11.00 **NFL Highlights** Jacksonville Jaguars v Kansas City Chiefs.
12.00 NOON **NFL Bitesize Highlights**
1.00 PM **Good Morning Football** The latest NFL news and talking points.
3.00 **NFL Highlights** Jacksonville Jaguars v Kansas City Chiefs.
4.00 **NFL Bitesize Highlights**
5.00 **NFL Highlights** Action from a week five match.
6.00 **NBC's Pro-Football Talk** Mike Florio and Chris Simms present this NFL talk show, as they discuss and debate the biggest stories from around the league.
8.00 **Kansas City Chiefs: The Franchise** The Kansas City Chiefs embark on the NFL season.
8.45 **NFL Bitesize Highlights** Brief highlights of Los Angeles Rams v San Francisco 49ers.
9.00 **NFL Highlights** Jacksonville Jaguars v Kansas City Chiefs. **10.00** Action from Cleveland Browns v Minnesota Vikings.
11.00 **NFL Fantasy** Featuring the top NFL fantasy experts and analysts.
12.00 M'T **The Insiders** The latest news covering all 32 NFL teams.
1.00 **to 6.00** AM **NFL Highlights**

Sky Sports Sky Sports+

404 404 518 508 427 447

5.30 AM **LIVE WTA & ATP Tennis** The ATP Shanghai Masters and the WTA Wuhan Open at Qizhong Forest Sports City Arena and Optics Valley International Tennis Center respectively. There was an upset in round four in Shanghai last year when David Goffin overcame Alexander Zverev 6-4, 7-5. British interest ended early in the first round in Wuhan 12 months ago when Katie Boulter was beaten by Lesia Tsurenko.
4.00 PM **Sports Desk**
5.00 **The Premier League Show**
6.00 **LIVE World Grand Prix Darts** The second day from Mattioli Arena in Leicester, featuring first-round matches. Mike De Decker was the shock champion last year and he got his tournament under way 12 months ago with a 2-1 victory over Damon Heta.
11.00 **Sky Sports News**
12.00 M'T **LIVE NBA Basketball** Coverage of an NBA match.
2.00 AM **Sky Sports News**
4.00 **to 5.30** AM **LIVE WTA Tennis** Coverage of the third day of the WTA Wuhan Open from Optics Valley International Tennis Center.

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
6.30 **Rose Ladies Series**
7.30 **PGA Tour Golf** Highlights.
8.30 **DP World Tour Golf**
9.00 **ICC Women's World Cup**
10.00 **WTA Tennis** Beijing Open final.
11.00 **NRLW** The Grand Final.
12.00 NOON **NRL** The Grand Final.
1.00 PM **ICC Women's World Cup**
2.00 **PL Greatest Games**
3.00 **WTA Tennis** Beijing Open final.
4.00 **PGA Tour Golf** Highlights.
5.00 **ICC Women's World Cup**
6.00 **Women's Super League**
8.30 **DP World Tour Golf**
9.00 **PGA Tour Golf** Highlights.
10.00 **ICC Women's World Cup**
12.00 M'T **PL Greatest Games**
1.00 AM **Darts Features**
3.00 **EFL Greatest Games**
4.00 **Nick Dougherty's Tee Time Tips**
4.30 **Playing Lessons** Max Homa.
5.00 **to 6.00** AM **School of Golf**

TNT Sports 3

413 415 523 410 432

6.00 AM **In My Blood** West Ham.
6.30 **British Carp Angling Championship** Highlights.
7.30 **LIVE Snooker Xi'an Grand Prix** The second session of the first round from Xi'an, China.
10.30 **International T20 Cricket**
11.30 **UEFA Europa League Goals**
11.45 **UEFA Conference League Goals**
12.00 NOON **LIVE Snooker Xi'an Grand Prix** The second session from the second round in China.
3.00 PM **WNBA** Game two of the finals.
4.00 **UEFA Champions League Goals**
4.15 **UEFA Conference League Goals**
4.30 **MotoGP** Grand Prix of Indonesia.
8.00 **MotoGP Chequered Flag**
9.00 **Snooker Xi'an Grand Prix**
11.00 **UEFA Champions League Goals**
11.15 **UEFA Europa League Goals**
11.30 **UEFA Conference League Goals**
11.45 **Reframe the Game**
12.00 **European Rally Championship**
12.30 AM **British Superbikes**
1.30 **to 6.00** AM **MotoGP**

TNT Sports 4

414 416 524 411 434

6.00 AM **Autumn Nations Series**
6.45 **Motocross World Championship**
9.00 **MotoGP** Grand Prix of Indonesia.
12.30 PM **MotoGP Chequered Flag**
1.30 **The Gallagher PREM**
6.30 **Longines FEI Jumping World Breeding Championship**
7.30 **WNBA** Game two of the finals.
8.30 **Supertri E World Triathlon Championship** The latest race of the season from Toulouse.
9.30 **UFC Connected** A unique look inside the UFC, with exclusive access to fighters, teams and events from around the globe.
10.00 **Fight Week** UFC 320 at T-Mobile Arena in Las Vegas, Nevada.
10.30 **UEFA Champions League – Stories of the Finals** The 2014/15 Champions League final between Barcelona and Juventus.
10.45 **Motocross World Championship**
1.00 AM **UCI Mountain Bike World Series** Recent highlights.
4.00 **to 6.00** AM **Serie A**

Premier Sports 1

419 551

6.00 AM **Mass Participation World**
7.00 **FIA World Endurance Championship** From Fiji.
8.00 **World Surf League**
9.00 **Transworld Sport** Magazine.
10.00 **FIM Sidecarcross**
11.00 **Football** Highlights and features.
1.00 PM **URC in 60** The second round.
2.00 **NHL Tonight** Highlights.
3.00 **Transworld Sport** Magazine.
4.00 **FIM Sidecarcross**
5.00 **NASCAR Highlights**
6.00 **LaLiga Match Highlights**
7.00 **Eredivisie Highlights**
8.00 **URC in 60** The second round.
9.00 **Top 14 Rugby Union**
9.30 **Scottish Football Social Club**
10.30 **Transworld Sport** Magazine.
11.30 **FIM Sidecarcross**
12.30 AM **NASCAR Highlights**
1.30 **Eredivisie Highlights**
2.30 **NHL Tonight** Recent action.
3.30 **to 6.00** AM **LIVE NHL Ice Hockey Los Angeles Kings v Colorado Avalanche.**

Premier Sports 2

420 552

6.00 AM **NASCAR Xfinity Series**
9.00 **GP Confidential**
9.30 **NHL Ice Hockey** Florida Panthers v Edmonton Oilers.
11.30 **United Rugby Championship** A replay of Munster v Cardiff.
1.30 PM **Eredivisie** PEC Zwolle v PSV.
3.30 **Bike World** Magazine.
4.00 **LaLiga** Athletic Bilbao v Mallorca. **6.00** Sevilla v Barcelona.
8.00 **NHL Ice Hockey** Florida Panthers v Edmonton Oilers.
10.00 **LIVE NHL Ice Hockey Florida Panthers v Chicago Blackhawks.** The inter-conference match from Amerant Bank Arena. Face-off **10.00pm**.
1.00 AM **LIVE NHL Ice Hockey New York Rangers v Pittsburgh Penguins.** The Eastern Conference match from Madison Square Garden. Face-off **1.00am**.
4.00 **NHL: This is Hockey**
4.30 **Temples of Sport**
5.00 **to 6.00** AM **NHL Tonight**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **Formula 1** Highlights.
2.00 PM **Ted's Notebook**
2.30 **Formula 1** Singapore Grand Prix.
7.00 **Ted's Notebook**
7.30 **British GT Championship**
10.05 **Golfing Fun with Zac & Lando**
10.15 **F1 Features**
10.30 **F1 Academy Highlights**
11.15 **F1 Features**
11.30 **F1 Academy Highlights**
12.15 AM **Carlos Sainz & the Lie Detector**
12.30 **Graham Hill: World Champion**
1.00 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Wednesday 8 October

Evening Planner

Documentary

Killing Hitler
National Geographic, 8pm
Eighty years on from the end of World War Two, this documentary looks at the failed plots to murder Adolf Hitler.

Entertainment

The Celebrity Traitors
BBC1, 9pm
Claudia Winkleman welcomes 19 well-known faces to the Traitors' castle for the game of deceit and back-stabbing.

OnDemand

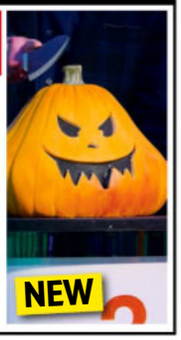
Disney+

The Lost Station Girls
Available today
French drama based on the real-life murders of four young women near Perpignan station.

OnDemand

NETFLIX

Is It Cake? Halloween
Available today
While we have *Bake Off* to whet our appetites, this show never fails to impress us with the bakers' artistry.



SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 The Repair Shop		9.00 The Celebrity Traitors		10.15 News; Local News	
	102 BBC2	7.00 The Crash...	7.30 Jules and...	8.00 Tropic of Cancer with Simon Reeve		9.00 Britain's Nuclear Bomb Scandal: Our Story		10.15 The Celebrity Traitors...	
	103 ITV1	◂ 6.30 News	7.30 Emmerdale	8.00 Coronation Street		9.00 The Hack		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Location, Location, Location		9.00 Grand Designs		10.00 Britain's Most Expensive Houses	
	105 5	7.00 The Secret Life of Badgers		8.00 Call the Bailiffs: Time to Pay Up		9.00 Coastguard SOS: Search & Rescue		10.00 Fare Dodgers: At War with the Law	
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 Portrait Artist of the Year		9.00 Big Little Lies		10.10 An Idiot Abroad 2	
ENTERTAINMENT	115 BBC3	7.00 Horrible Histories		8.00 Top Gear		9.00 Stacey & Joe		10.00 Waterloo Road	
	116 BBC4	7.00 Fred Dibnah's...	7.30 Railways: The...	8.00 Tutankhamun: The Truth Uncovered		9.00 Thatcher: A Very British Revolution		10.15 Sweet As You Are...	
	118 ITV2	7.00 Deal or No Deal		8.00 The 1% Club		9.00 Big Brother		10.00 Big Brother: Late & Live	
	136 MORE4	◂ 6.55 The Dog House Australia		7.55 The Dog House		9.00 Perfect Pub Walks with Alexander...		10.00 Grand Designs...	10.35 Grand...
	135 E4	7.00 Hollyoaks	7.30 Hollyoaks...	8.00 Married at First Sight UK		9.05 Gogglebox		10.10 First Dates	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Doc		10.00 Fire Country	
	108 SKY ATLANTIC	◂ 6.50 Game of Thrones				9.00 The White Lotus		10.15 True Detective	
	110 U&GOLD	7.00 Dad's Army	7.40 dinnerladies			9.00 The Royle Family			10.20 Not Going Out
	111 U&DAVE	7.00 Would I Lie to You?...	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	◂ 6.55 Heartbeat		8.00 Agatha Christie's Poirot					
	120 ITV4	7.00 Gallagher PREM Unleashed		8.00 Ice Road Truckers		9.00 Film: Unstoppable			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Bradley & Barney Walsh: Breaking Dad		10.00 8 Out of 10 Cats Uncut	
	139 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate Atlantis		9.00 Grimm		10.00 The Walking Dead: The Ones Who Live	
	113 SKY MAX	7.00 Stargate Universe		8.00 Film: One More Shot				10.00 An Idiot Abroad 2	
	109 U&ALIBI	7.00 Body of Proof		8.00 Shakespeare & Hathaway		9.00 Death in Paradise		10.00 Father Brown	
	124 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Portrait Artist of the Year 2025		9.00 Portrait Artist of the Year: The...		10.00 Art's Most Horrific	
	132 U&W	7.00 MasterChef Australia			8.20 Simply Nigella	9.00 One Born Every Minute			
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers				9.00 Wheeler Dealers World Tour		10.00 Bitchin' Rides: Road To The Ridler	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Dog Detectives		9.00 Life After: Chernobyl		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Killing Hitler		9.00 Nazi Megastructures		10.00 Top Guns: The Next Generation	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Storage Wars		9.00 Curse of Skinwalker Ranch		10.00 Beyond Skinwalker Ranch	
	155 U&YESTERDAY	7.00 Simon Reeve's Return to Cornwall		8.00 Train Truckers		9.00 Train Rescue Down Under		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Kings from Queens: The Run DMC Story		8.00 Black Widow		9.00 Bruno v Tyson			
FILMS – Sky Cinema	301 PREMIERE	◂ 6.30 Love Hurts		8.00 Bridget Jones: Mad About the Boy				10.10 Nosferatu	
	302 HALLOWEEN		7.10 Cuckoo			9.00 The Shining			
	303 HITS	◂ 5.30 The Da Vinci Code		8.00 There Will Be Blood					10.40 Law...
	304 GREATS	◂ 6.00 Bad Boys		8.00 Grease				10.00 A League of Their Own	
	305 ANIMATION	◂ 5.40 The Adventures...	7.35 Rango				9.30 Scarygirl		
	306 FAMILY	◂ 6.00 Stardust			8.20 The Flintstones			10.05 The Flintstones in Viva Rock Vegas	
	307 ACTION	◂ 6.10 Ghost Rider: Spirit of Vengeance		8.00 The Meg				9.55 Robin Hood: Prince of Thieves	
	308 COMEDY	◂ 5.55 The Intern		8.00 Horrible Bosses			9.50 Mean Girls		
	309 THRILLER	◂ 6.00 Jack Reacher: Never Go Back		8.00 Sherlock Holmes				10.10 Detroit	
	310 DRAMA	◂ 6.00 Dallas Buyers Club		8.00 Darkest Hour				10.15 The Breakfast Club	
	311 SCIENCE FICTION	◂ 6.00 Ghostbusters: Frozen Empire		8.00 King Kong					
	313 FILM4		7.10 Daddy's Home			9.00 Stillwater			
SPORT	401 MAIN EVENT	7.00 World Grand Prix Darts – Live: Coverage of day three							
	402 PREMIER LEAGUE	7.00 PL Stories	7.30 Match Officials...	8.00 PL Review		9.00 PL Stories	9.30 Match Officials...	10.00 Netbusters	10.30 PL Unpacked...
	403 FOOTBALL	7.00 WSL	7.30 EFL Highlights	8.00 EFL Goals		9.00 EFL Highlights			
	405 CRICKET	◂ 6.30 ICC Women's World Cup					9.30 ICC Women's...	10.00 ICC Women's World Cup	
	410 TNT SPORTS 1	◂ 6.30 MLB Highlights	7.30 MLB Lead Off...	8.00 MLB – Live: Action from MLB Postseason					
	411 TNT SPORTS 2	7.00 MotoGP Highlights		8.00 FIM Speedway of Nations		9.00 Superbikes...	9.30 UEFA Magazine	10.00 MLB – Live	

◂ Denotes programmes starting before 7.00pm † Regions vary

WEDNESDAY

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Wednesday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Crimewatch Live** New edition 3/15. The murder of a 75-year-old man in London last October. (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Trace, Track, Get My Car Back** New edition 3/16. A pickup is stolen from outside Villa Park. (S)
2.30 **Amanda & Alan's Italian Job** (R)
3.00 **Escape to the Country** (S)(R)
3.45 **The Repair Shop** New edition (S)
4.30 **The Inner Circle** New edition (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)
6.55 **Party Political Broadcast** (S)(R)

8.00 The Repair Shop

7 PM

7.00 **The One Show** Vernon Kay presents the weekday topical show. (S)
7.30 **EastEnders** Suki receives advice as she prepares to make a decision, and Harry attempts to take matters into his own hands. (S)

8 PM

8.00 **The Repair Shop** Series finale 25/25. The Bear Ladies restore a stuffed monkey that turned royal heads, and the team also fix a wedding cake topper and a World War Two helmet that survived the Blitz. (S)(AD)

9 PM

9.00 NEW SERIES **The Celebrity Traitors** 1/9. Claudia Winkleman greets a group of celebrities as they arrive in the Scottish Highlands to play the ultimate game of detection, back-stabbing and trust. *See feature, page 8.* (S)
■ *The Celebrity Traitors: Uncloaked* follows on BBC2

10 PM

10.15 **BBC News** (S)
10.45 **Local News** (S)
10.55 **Film Club** 1/6. Drama starring Aimee Lou Wood and Nabhaan Rizwan as two friends retreating from reality into a world of movies. (S1) (R)
11.25 **Film Club** 2/6. While Noa attends a taster day for his new job in Bristol, Evie tries to pull out all the stops for Film Club. (S1) (S)(R)(AD)
11.55 FILM **Alien** Sci-fi horror thriller starring Sigourney Weaver. The crew of a spacecraft unwittingly take on board a deadly alien that picks them off one by one. (S)(AD) (1979, 15, 115min) ★★★★★
1.50 AM **Weather for the Week Ahead** Seven-day forecast. (S)
1.55 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.30 AM **Bargain Hunt** (S)(R)
7.15 **The Repair Shop** (S)(R)(AD)
8.00 **Sign Zone: Celebrity Antiques Road Trip** In Brighton. (S)(R)
9.00 **BBC News** (S)
11.15 **Politics Live Conference** (S)
1.30 PM **Impossible** Quiz show. (S)(R)
2.15 **Unbeatable** Quiz show. (S)(R)
3.00 **Beechgrove Repotted** (S)(R)
3.15 **Great British Menu** (S)(R)
4.15 **Animals with Cameras** (S)(R)(AD)
5.15 **Flog It!** The experts assess items at Culzean Castle in Ayrshire, including an art deco vase. (S)(R)
6.00 **Richard Osman's House of Games** New edition With Yinka Bokinni, Ellie Leach, Vicki Michelle and Peter Serafinowicz. (S)
6.30 **Strictly: It Takes Two** New edition Fleur East presents backstage ballroom action. (S)

11.15 Unspun World

7.00 NEW SERIES **The Crash Detectives** A road worker is hit by a car during a police pursuit. (S)
7.30 **Jules and Greg's Wild Swim** Julie Wilson Nimmo and Greg Hemphill head to the Ulsts and try bodysurfing. (S)(R)(AD)

8.00 **Tropic of Cancer with Simon Reeve** 1/6. Simon Reeve traces the path of the northern tropic around the globe, beginning in Baja California in Mexico, before heading to Cuba and finishing in the Bahamas. (S)(R)

9.00 **Britain's Nuclear Bomb Scandal: Our Story** The story of Britain's post-war atomic weapons programme, and the debilitating health conditions that blighted the lives of veterans, descendants and indigenous communities ever since. (S)(R)(AD)

10.15 NEW SERIES **The Celebrity Traitors: Uncloaked** 1/9. Ed Gamble catches up with the murdered and banished players. (S)(AD)
10.45 **Newsnight** (S)
11.15 **Unspun World with John Simpson** Global news stories. (S)
11.45 **Eva Longoria: Searching for Spain** 2/8. The actor samples the culinary delights of Andalusia. (S)(R)
12.25 AM **Sign Zone: Saving Lives at Sea** Documentary. (S)(R)(AD)
1.25 **Sign Zone: Disclosure – Care Home Undercover** (S)(R)
2.25 **Sign Zone: Dragons' Den** (S)(R)
3.25 **Sign Zone: Deep Ocean – Kingdom of the Coelacanth** (S)(R)
4.15 **to 6.30** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** Topical debate from a female perspective. (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** David Dickinson and his dealers are at Walsall Football Club in the West Midlands. (S)(R)(AD)
3.00 **Tenable** Quiz show hosted by Warwick Davis. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.25 **Party Political Broadcast** By the Conservative Party. (S)
6.30 **ITV News** (S)

9.00 Hack

7.30 **Emmerdale** Charity hides her anxiety when Sarah babbles excitedly about her scan, while Clemmie and Carl's burgeoning relationship starts a war between the Kings and the Tates. (S)(AD)

8.00 **Coronation Street** Abi and Carl strive to keep their affair under wraps at a Webster-Bailey gathering, Dev confides in Bernie about his anger towards Asha, while Brian is left shocked by Tim's tales of his past. (S)(AD)

9.00 **The Hack** New episode 3/7. Nick fights to protect his editor and his newspaper from a Fleet Street backlash, forming new alliances and coming into conflict with Scotland Yard. (S1) (S)(AD)
■ Entire series on ITVX

10.00 **ITV News** (S)
10.35 **Local News** (S)
10.50 **Long Lost Family** The team meet Jayne, who wants to find her older brother, and Kevin, who had a baby girl with his late wife when they were teenagers, but put the youngster up for adoption. (S)(R)(AD)
11.45 **Gallagher PREM Unleashed** The second round of fixtures, including Bath v Sale Sharks and Leicester Tigers v Harlequins. (S)(R)
12.10 AM **Teleshopping**
3.00 **Tonight: All in Order – Time to Sort Your Affairs?** (S)(SL)(R)
3.25 **The Dry** 4/8. (S2) (S)(SL)(R)(AD)
3.55 **Unwind with ITV** (S)
5.10 **to 6.00** AM **James Martin's Midweek Menu** (S)(SL)(R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.30 AM **The King of Queens** (S)(R)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 17-20/24. (S6) (S)(R)
11.10 **Undercover Boss USA** (S)(R)
12.05 PM **News** (S)
12.10 **A New Life in the Sun** (S)(R)
1.10 **Find It, Fix It, Flog It** (S)(R)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **Help! We Bought a Village** New edition A water shortage threatens to derail Jonas and Ulrike's plans in Romania. (S)
5.00 **Four in a Bed** New edition Nick hosts the third visit at Impossible Motel in York. (S)
5.30 **Come Dine with Me** The third night in and around Bristol. (S)(R)
6.00 **Sun, Sea and Selling Houses** Retired airline staff Darren and Tom go house-hunting. (S)(R)

8.00 Location, Location, Location

7.00 **News** (S)

8.00 **Location, Location, Location** New edition Kirstie Allsopp and Phil Spencer search town and country with a couple hoping to make London their home, and a house-hunter who wants to leave the capital for the charms of Surrey. (S)

9.00 **Grand Designs** New edition Pete and Aey order a factory-built house to be constructed in Wales and transported to their rural West Sussex plot, where they plan to demolish an older property to make way for the new one. (S)

10.00 **Britain's Most Expensive Houses** New edition On north London's Billionaires' Row, Jeremy Fine is selling Fair Hill, a £20million mansion boasting six reception rooms, eight bedrooms and a nightclub party room. (S)(AD)
11.05 **Celebrity Gogglebox** (S)(R)
12.10 AM **24 Hours in A&E** (S)(R)
1.00 **Ramsay's Kitchen Nightmares USA** From New York. (S)(SL)(R)
1.45 FILM **Nobody's Fool** Romantic comedy starring Tiffany Haddish. (S) (2018, 15, 110min) ★★
3.35 **Kirstie and Phil's Love It or List It: Brilliant Builds** (S)(R)(AD)
4.00 **Location, Location, Location** (R)
4.50 **Escape to the Chateau** (S)(R)
4.55 **George Clarke's Amazing Spaces**
5.50 **to 6.30** AM **Countdown** (S)(R)

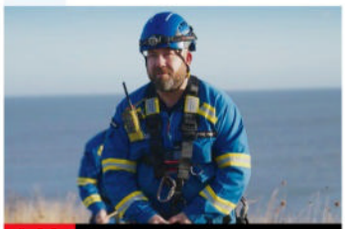
+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.30 PM **Vanessa** (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 FILM **Real Murder: A Teagarden Mystery** Thriller with Candace Cameron Bure. (S) (2015, PG, 105min) ★★
4.00 **The Cruise: Fun-Loving Brits at Sea** New edition As the cruisers sail to Vigo, Kerri and Julie try whale watching from the ship's top deck. (S)
5.00 **News** (S)
6.00 **Portugal with Michael Portillo** Michael seeks out some of the lesser-known aspects of the Algarve. (S)(R)
6.55 **News** (S)



9.00 Coastguard SOS

7.00 **The Secret Life of Badgers** 2/2. Cameras continue to follow the Bluebell badgers, watching the cubs head out on an adventure for the first time. (S)(R)
7.55 **News** (S)
8.00 **Call the Bailiffs: Time to Pay Up** Agents Mark and Sam are tracking down a builder's merchant, which seems to be located on a working farm with donkeys, sheep and ostriches. (S)(R)(AD)
9.00 **Coastguard SOS: Search & Rescue** New edition An incident occurs off the south coast, when a commercial fishing vessel runs into a private fishing vessel, a collision which is caught on camera. (S)(AD)
10.00 **Fare Dodgers: At War with the Law** Investigators search Surrey for a suspect thought to have evaded almost £20,000 of fares in one of South Western Railway's biggest ever fraud cases. (S)(R)
11.05 **Traffic Cops** (S)(R)
12.05 AM **Motorway Cops: Catching Britain's Speeders** (S)(R)(AD)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Lord Mountbatten: Hero or Villain?** Documentary. (S)(R)
4.10 **Friends** (S3) (S)(R)(AD)
4.40 **The Highland Vet** New edition Margaret visits a farm. (S)(SL)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Universe** (S)(R)(AD)
11.00 **Ireland's Wild Islands with Eoin Warner** (S)(R)
12.00 NOON **The Simpsons** (S)(R)
1.00 PM **Hawaii Five-0** (S4) (S)(R)
3.00 **S.W.A.T.** 2/22. (S1) (S)(R)(AD)
4.00 **NCIS: New Orleans** (S7) (S)(R)
5.00 **The Simpsons** *Smart & Smarter:* Marge tries to get Maggie into a nursery for gifted children. (S)(R) **5.30** *Treehouse of Horror XXVI:* The villainous Sideshow Bob finally achieves his dream. (S)(R)
6.00 **The Office (US)** 14/19. Michael becomes obsessed with a chair model in a catalogue. (S)(R) **6.30** 15/19. Dwight and Michael pay a surprise visit to Ryan in New York. (S4) (S)(R)

8.00 Portrait Artist of the Year

7.00 **The Simpsons** *The Ziff Who Came to Dinner:* Homer is sentenced to 10 years in prison. (S)(R) **7.30** *Treehouse of Horror:* Bart and Lisa frighten their family with blood-curdling tales of terror. (S)(R)
8.00 **Portrait Artist of the Year** New edition Stephen Mangan invites the artists to paint celebrity sitters Si King, Elif Shafak and Joe Marler, as Tai Shan Schierenberg, Kathleen Soriano and Kate Bryan judge the efforts.
9.00 **Big Little Lies** *You Get What You Need:* 7/7. Celeste looks for independence, Madeline's past catches up with her, and Jane learns the identity of the bully. (S1) (S)(R)(AD)
10.10 **An Idiot Abroad 2** 7/8. Karl Pilkington prepares for his final journey, a 15-hour trek to the summit of Mount Fuji in Japan, gets sumo-wrestling training and experiences state-of-the-art robotics. (S)(R)(AD)
11.10 **An Idiot Abroad 2** 8/8. Karl arrives back in the UK to be reunited with Ricky Gervais and Stephen Merchant, who have a few surprises in store. (S)(R)(AD)
12.10 AM **The Force: Manchester** (R)
2.05 **Road Wars** (S)(R)
3.00 **S.W.A.T.** 2/22. (S1) (S)(R)(AD)
4.00 **NCIS: New Orleans** (S7) (S)(R)
5.00 **to 6.00** AM **Brit Cops: Law & Disorder** (S)(R)(AD)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
2.30pm Politics Scotland **3.15-3.45** Amanda & Alan's Italian Job **10.55** Debate Night **11.55** Scotcast **12.25am** Film Club **1.25** Weather for the Week Ahead **1.30-6.00am** BBC News

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.55pm Nolan Live **11.55** Film Club **1.00am** The Weakest Link **1.45-6.00am** BBC News

WALES
Sky 965, Virgin 864, Freesat 965
7.00-7.30pm The Crash Detectives **10.55** Feast of Football **11.25** Film Club **12.25am** The Celebrity Inner Circle **1.10-1.50am** BBC News

BBC2

N. IRELAND
Sky 969, Freesat 969
7.00pm The Great House Revival **7.50** Gardening Together with Diarmuid Gavin **8.00** The Crash Detectives **8.30-9.00** Jules and Greg's Wild Swim **11.15** Spotlight **11.45** Unspun World with John Simpson **12.15-12.25am** The Chronicles of Armagh

WALES
Sky 968, Freesat 968
7.00-7.30pm The One Show

ITV1

As main ITV1 except:
WALES
6.25-6.30pm Party Political Broadcast

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **11.00** Dysgu Gyda Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Ffasiwn Drefn **12.30** Heno **1.00** Byd o Liw: Cestyll **1.30** Ffermio **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da **3.00** Newyddion a'r Tywydd **3.05** Gareth Jones: Nofio Adre **4.00** Awr Fawr **5.00** Stwnsh **6.00** Gerddi Cymru **6.25** Darlledi Gwleidyddol gan y Ceidwadwyr Cymreig **6.30** Rownd a Rownd **6.57** Newyddion **7.00** Heno **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm **8.25** Rhys Patchell: Japan a'r Gic Olaf **8.55** Newyddion a'r Tywydd **9.00** Y Golau: Dwr **10.00** Hanner Marathon Caerdydd **11.00pm-12.05am** Priodas Pum Mil

TV&Satellite week
More channels than any other TV magazine

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Horrible Histories** Gruesome events and characters from the past.
7.55 **The Catch Up**
8.00 **Top Gear** Jeremy Clarkson test-drives the Skoda Yeti.
9.00 **Stacey & Joe** The Baftas loom for Stacey, who also inherits a swarm of bees.
10.00 **Waterloo Road** 5/8. Stella makes a ruthless decision in the wake of last week's devastating events. **11.00** 6/8. The staff and students head to the estate for a community clean-up that doesn't go to plan. (S16)
11.55 **Tommy: The Good. The Bad. The Fury** Triple bill of the documentary.
1.30 AM **Film Club** 1/6. Drama starring Aimee Lou Wood and Nabhaan Rizwan. **2.00** 2/6. While Noa attends a taster day for his new job, Evie pulls out all the stops for Film Club. (S1)
2.30 **Missing in Paradise: Searching for Sarm**
3.00 **to 4.00** AM **Blackmailed: The Sextortion Killers**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Fred Dibnah's Industrial Age**
7.30 **Railways: The Making of a Nation** 6/6. Examining class divisions on trains.
8.00 **Tutankhamun: The Truth Uncovered** Research aimed at finding out the truth about the pharaoh's death.
9.00 **Thatcher: A Very British Revolution** 2/5. Margaret Thatcher's early period as prime minister.
10.00 NEW **William Nicholson Remembers – Sweet As You Are** The writer reflects on the 1988 TV drama.
10.15 **Sweet As You Are – Screen Two** Drama about a family afflicted by AIDS.
11.25 **Ardal O'Hanlon: Tomb Raider** Documentary.
12.25 AM **How to Get Ahead: At Medieval Court**
1.25 **Fred Dibnah's Industrial Age** Documentary.
1.55 **Railways: The Making of a Nation** As 7.30pm.
2.25 **to 3.25** AM **Thatcher: A Very British Revolution**

MORE4

136/137 127 147 18 124 15

8.55 AM **A New Life in the Sun**
11.00 **Chateau DIY** Double bill.
1.05 PM **Four in a Bed**
3.50 **Car S.O.S** Tim Shaw and Fuzz Townshend are off to Southampton to take on a 1969 Jensen Interceptor. **4.50** Restoring a 1929 Rolls-Royce 'doctor's coupe'.
5.50 **Escape to the Chateau** Dick and Angel decide they will live self-sufficiently.
6.55 **The Dog House Australia** A new couple like the look of plucky Pomeranian Frosty.
7.55 **The Dog House** Lady may have finally found a home after a year of searching.
9.00 **Perfect Pub Walks with Alexander Armstrong** New edition 2/4. Chris Packham joins Alexander on an excursion in Kent.
10.00 **Grand Designs: Deconstructed** New edition Exploring a build in Southwater with a couple who ordered a super-sustainable modular home from a factory in Wales.
10.35 **Grand Designs Australia** New edition A family build a permanent rural retreat in South Gippsland, Victoria.
11.55 **Emergency Helicopter Medics** Documentary.
12.55 AM **Perfect Pub Walks with Alexander Armstrong** As 9.00pm.
2.00 **to 4.00** AM **24 Hours in A&E**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Kitchen Nightmares USA**
7.50 **Married at First Sight UK**
9.10 **Rude(ish) Tube Shorts**
9.30 **The Simpsons**
10.00 **The Big Bang Theory**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** 19-22/24. (S8)
2.00 PM **Brooklyn Nine-Nine**
3.00 **The Simpsons**
4.00 **Married at First Sight UK**
5.30 **The Big Bang Theory**
6.00 **The Simpsons**
7.00 **Hollyoaks** Lucas and Dillon are at loggerheads.
7.30 **Hollyoaks Unwrapped** New edition Kieron Richardson hosts the show, with behind-the-scenes features and set secrets.
8.00 **Married at First Sight UK** New edition The final couple in the experiment say 'I do' and find an instant spark in a passionate ceremony.
9.05 **Gogglebox** Opinions on *Strictly Come Dancing*.
10.10 **First Dates** A lothario tries to charm a flight attendant.
11.15 **Open House: The Great Sex Experiment**
12.15 AM **Married at First Sight UK** As shown at 8.00pm.
1.25 **Gogglebox**
2.25 **Below Deck Sailing Yacht**
3.10 **The Big Bang Theory**
4.25 **Modern Family**
4.50 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hr 235/236 306 30 123 256

Wednesday primetime primetime

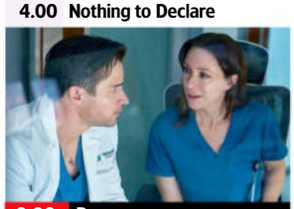
WEDNESDAY Entertainment

Wednesday

Sky Witness

107 107 110 341 356

6.00 AM **Motorway Patrol**
7.00 **Border Security: Canada's Front Line** Double bill.
8.00 **Border Patrol** Double bill.
9.00 **Nothing to Declare**
9.30 **Border Security USA**
10.30 **Caught Red Handed**
12.00 NOON **FBI** 13/13. (S6)
1.00 PM **FBI: International** (S3)
2.00 **FBI: Most Wanted** 13/13. The Task Force search for the culprit threatening New York with a bomb. (S5)
3.00 **Caught on Dashcam**
4.00 **Nothing to Declare**


9.00 Doc

7 PM
7.00 **Nothing to Declare** A drug-runner tries to conceal his stash. **7.30** Officers make a disturbing discovery.

8 PM
8.00 **Caught on Dashcam** Road disasters and highway hijinks, captured in video via people's dashboard cameras.

9 PM
9.00 **Doc** New episode *One Small Step:* 4/10. Sonya and TJ disagree on how to handle a sick US marine. (S1)

10 PM
10.00 **Fire Country** New episode *Fare Thee Well:* 11/20. A tent filled with fireworks is set on fire. (S3)
■ Entire series on Box Sets
11.00 **Law & Order: SVU** (S25)
12.00 M'T **The Equalizer** 4/10. (S4)
1.00 AM **The Rookie: Feds** (S1)
2.00 **FBI** New episode 10/22. (S7)
3.00 **FBI: International** New episode 10/22. (S4)
4.00 **Nothing to Declare**
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **The Guest Wing**
7.00 **Urban Secrets**
8.00 **Boardwalk Empire** (S3)
10.10 **Scenes from a Marriage** (S1)
12.20 PM **Game of Thrones** (S4)
1.25 **My Brilliant Friend** 7/8. (S1)
2.35 **Boardwalk Empire** (S3)
4.45 **Homicide: Life on the Street** 1/22. Bayliss and Munch are called to a homicide. **5.45** 2/22. The hostage crisis takes a turn for the worse. (S5)
6.50 **Game of Thrones** 10/10. Stannis embarks on a gruelling march. (S5)

9.00 The White Lotus

7.55 **Game of Thrones** *The Red Woman:* 1/10. Jon Snow's fate is revealed, Ramsay sends his dogs after Theon and Sansa, while the Sand Snakes make their move. (S6)

9.00 **The White Lotus** *Denials:* 6/8. Saxon tries to bury what happened the night before. (S3)

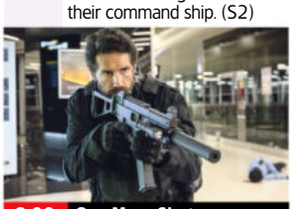
10.15 **True Detective** *If You Have Ghosts:* 5/8. Wayne finds himself in a no-win situation as new clues emerge in the case. (S3)
11.25 **The Sopranos** 6/13. (S4)
12.25 AM **Banshee** 7/10. A grocery store robbery spirals into a hostage situation. (S1)
1.25 **Game of Thrones** (S6)
3.40 **Fish Town**
4.35 **In Treatment** (S1)
5.05 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S4)
8.00 **The Flash** 13/20. (S8)
9.00 **Stargate Universe** (S2)
11.00 **SEAL Team** 10/16. (S4)
12.00 NOON **The Flash** 14/20. (S8)
1.00 PM **Hawaii Five-0** (S4)
3.00 **S.W.A.T.** 2/22. (S1)
4.00 **NCIS: New Orleans** (S7)
5.00 **SEAL Team** 9/16. The members of Bravo team learn the truth about their target. (S4)
6.00 **Stargate Universe** 11/20. Rush and Eli prevent the drones receiving orders from their command ship. (S2)


8.00 One More Shot

7.00 **Stargate Universe** *Twin Destinies:* 12/20. Eli offers hope by suggesting the ship can recharge in the next star it finds. (S2)

8.00 **FILM One More Shot** Thriller starring Scott Adkins. A Navy SEAL squad leader escorts a suspected terrorist from a black site when they come under fire from a group of mercenaries. (2023, 15, 102min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **An Idiot Abroad 2** 7/8. Karl Pilkington prepares for his final journey, a 15-hour trek to the summit of Mount Fuji in Japan.
11.00 **An Idiot Abroad 2** Karl arrives back in the UK.
12.00 M'T **The Force: Manchester**
2.00 AM **Brassic** New episode 3/6. Ronnie encounters his old bully at a school reunion and dreams of revenge. (S7)
3.00 **S.W.A.T.** 2/22. (S1)
4.00 **NCIS: New Orleans** (S7)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
8.40 **Billie and Greg**
9.35 **The Only Way Is Essex**
10.20 **Real Housewives of Potomac**
11.10 **Real Housewives of New Jersey** Reality series.
12.05 PM **Dinner Date**
1.05 **Billie and Greg**
2.05 **The Only Way Is Essex**
3.05 **Real Housewives of Cheshire**
4.05 **Real Housewives of Potomac** New edition Reality series.
5.00 **Real Housewives of New...**
6.00 **Celebrity Catchphrase**

7.00 Deal or No Deal

7.00 **Deal or No Deal** Stephen Mulhern hosts as another contestant takes on the Banker for the chance to win life-changing money.

8.00 **The 1% Club** Quiz show hosted by Lee Mack in which all the questions are based around logic and common sense.

9.00 **Big Brother** New edition A group of contestants live under 24-hour surveillance, hoping to win a big cash prize.

10.00 **Big Brother: Late & Live** New edition AJ Odudu and Will Best present the companion show in front of a live studio audience.
11.05 **Family Guy** 13/18. (S13)
11.35 **Universal Basic Guys** New episode 11/13. Mark sets out to join the US Marines. (S1)
12.05 AM **Family Guy** (S13&15)
1.35 **Extraordinary** 3/8. (S2)
2.15 **Transaction** 3/6. (S1)
2.40 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **The Royal**
7.05 **Classic Emmerdale**
8.35 **Classic Coronation Street**
9.05 **Doc Martin** 8/8. (S6)
10.10 **The Royal**
11.15 **Heartbeat** Double bill.
1.20 PM **Classic Emmerdale**
2.25 **Classic Coronation Street**
3.25 **Downton Abbey** 6/9. (S2)
4.40 **Doc Martin** 1/8. A lifeboat training exercise causes problems for the GP. (S7)
5.50 **Heartbeat** *Fallen Heroes:* A suitcase disappears from the wreck of a crashed car.

3.25 Downton Abbey

6.55 **Heartbeat** *Cold Turkey:* As Christmas comes to Aidensfield, the locals have their very own Scrooge to contend with,

8.00 **Agatha Christie's Poirot** *The Mystery of the Blue Train:* The sleuth investigates a murder on board a train bound for the French Riviera. Guest stars Elliott Gould.

10.00 **Agatha Christie's Poirot** *After the Funeral:* A man is discovered dead shortly after he disinherited his sole heir and divided his legacy equally among his remaining family members.
11.55 **Wire in the Blood** *Redemption:* 1/4. Dr Tony Hill investigates the murder of a boy whose body is discovered in a deserted warehouse. (S3)
1.40 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Scotland's Home of the Year 2023** The judges choose a winner.
8.00 NEW **My Kind of Town** Ian Hamilton and his guide dog visit Peterhead.
8.30 **Landward** New edition How crofting continues to shape areas of the Highlands and Islands.
9.00 **Debate Night** New edition Topical debate on the big issues.
10.00 **Designing the Hebrides** A rustic gin-tasting bar.
10.30 **Gary: Tank Commander** 4/6. Gary steps in to show an MP around the barracks. (S3)
11.00 **Scotcast** New edition Discussion on Scotland's biggest news stories.
11.30 PM **to 12.00** M'T **The Trials That Shocked Scotland** Two high-profile murder cases.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S4)
9.00 **The Conners** (S1)
10.00 **Sex and the City** (S1)
11.20 **Girls** 9&10/10. (S5)
12.40 PM **The Office (US)**
1.40 **The Conners** (S1)
2.40 **The Office (US)** (S4)
3.40 **Will & Grace** (S3&4)
4.40 **Sex and the City** (S1)
5.45 **The Office (US)** (S4)
6.45 **Will & Grace** (S4)
7.45 **Sex and the City** 4/12. The girls ponder the pros and cons of dating younger men. **8.25** 5/12. Charlotte models for a painter. (S1)
9.00 **Katherine Ryan – Missus** Stand-up show.
10.15 **And Just Like That...** *They Wanna Have Fun:* 7/12. Carrie throws Charlotte a party. (S3)
11.05 **Entourage** (S7)
12.25 AM **Girls** 2&3/12. (S3)
1.35 **Veep** (S3&4)
2.50 **Curb Your Enthusiasm**
4.20 **to 5.00** AM **Silicon Valley**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Arts Uncovered**
6.20 **Handel: La Resurrezione**
8.00 **Artist of the Year**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **The Art of Architecture: Great Museums of the World**
3.00 **Musical Masterpieces**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Portrait Artist of the Year** New edition
9.00 **Portrait Artist of the Year: The Exhibition**
10.00 **Art's Most Horrific**
11.00 **Pompeii: Sin City**
12.25 AM **The Pilgrimage of Gilbert & George**
2.25 **Bursary Shorts**
2.35 **Sky Arts Book Club**
3.35 **Inside Art**
5.00 **to 6.00** AM **Highlights**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: Canada's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: Canada's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Stargate Atlantis** (S1)
5.00 **Stargate SG-1** (S8)
6.00 **Star Trek: Voyager**
7.00 **Star Trek: The Next Generation** *Hollow Pursuits:* 21/26. An engineer places the crew in jeopardy. (S3)
8.00 **Portrait Artist of the Year** New edition With Si King and Joe Marler.
9.00 **The Rookie** (S5)
11.00 **Grimm** 19/22. (S1)
12.00 M'T **Warehouse 13** (S1)
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: War on Crime**
3.00 **The Force: North East**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Quiz show.
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Sally Lindsay hosts as a team of workmates from Devon take part in the quiz.
3.00 **Wheel of Fortune** Graham Norton hosts the quiz show.
4.00 **Tenable** Five university friends join forces to take on the Tenable tower.
5.00 **Deal or No Deal** Double bill of the show hosted by Stephen Mulhern.
7.00 **Lingo** Double bill of the word-based quiz show hosted by Adil Ray.
9.00 **Beat the Chasers** Bradley Walsh hosts the general knowledge quiz show as more hopefuls take on all of the Chasers at once.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.50 AM **Beat the Chasers**
1.45 **to 2.00** AM **Unwind**

Great! TV

157 167 170 34 32

8.00 AM **Diagnosis Murder**
10.00 **Little House on the Prairie** 9&10/24. (S6)
12.00 NOON **Highway to...**
1.00 PM **Diagnosis Murder**
3.00 **Murder, She Wrote**
4.00 **Born and Bred** (S1)
5.10 **Down to Earth** (S1)
6.20 **A Fine Romance** (S4)
6.50 **Dear John** 3/7. (S1)
7.25 **Home to Roost** (S4)
7.55 **The Fall and Rise of Reginald Perrin** 3/7. (S1)
8.30 **Rising Damp** 3/6. (S4)
9.00 **Randall and Hopkirk (Deceased)** 2/26. (S1)
10.00 **The Avengers** (S6)
11.00 **Rising Damp** 3/6. (S4)
11.30 **Man About the House**
12.00 M'T **M*A*S*H** (S2)
1.00 AM **Dear John** 3/7. (S1)
1.35 **The Fall and Rise of...**
2.10 **Home to Roost** (S4)
2.35 **A Fine Romance** (S4)
3.10 **Born and Bred** (S1)
4.00 **to 4.50** AM **Highway to Heaven**

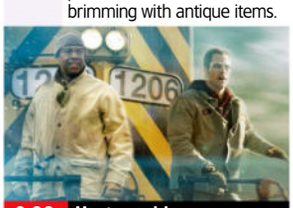
+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Best of the 80s**
6.15 **The Saint**
7.15 **Kojak**
9.25 **Magnum, PI**
11.25 **Robin of Sherwood**
12.30 PM **Kojak**
2.40 **Magnum, PI**
4.45 **The Saint** *The Desperate Diplomat:* Simon Templar investigates when a trusted diplomat friend suddenly goes missing with $1 million.
5.50 **American Pickers** The boys plan a visit to a home in Iowa brimming with antique items.


9.00 Unstoppable

7.00 **Gallagher PREM Unleashed** Action from the second round of fixtures, including Leicester Tigers v Harlequins.
8.00 **Ice Road Truckers** Emergency crews race to prevent an ecological catastrophe when a 50-ton fuel tanker flips.
9.00 FILM **Unstoppable** Action thriller starring Denzel Washington and Chris Pine. A train conductor and an engineer set out to stop a runaway train. With Rosario Dawson. (2010, 12, 98min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.05 **Wrestling: AEW Collision** Hard-hitting action, featuring stars including FTR, Thunder Rosa, Jon Moxley, Jay White, Bryan Danielson and Miro.
1.00 AM **The Saint**
1.55 **BattleBots**
2.50 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 8/22. (S2)
12.00 NOON **Star Trek: Enterprise**
1.00 PM **Star Trek: Deep Space Nine** 22/26. (S2)
2.00 **Warehouse 13** 12&13/13. (S2)
4.00 **Star Trek: The Next Generation** 8/22. (S2)
5.00 **Stargate Atlantis** 6/20. (S5)
6.00 **Star Trek: Enterprise** 26/26. Part one of two. The ship is ordered to return to Earth after obliterating an alien colony. (S1)

11.00 Westworld

7.00 **Star Trek: Deep Space Nine** *The Wire:* 22/26. Bashir struggles to save Garak from the effects of a brain implant. (S2)
8.00 **Stargate Atlantis** *The Shrine:* 6/20. McKay falls victim to a deadly parasite that attaches to his brain. (S5)
9.00 **Grimm** *Organ Grinder:* 10/22. Nick investigates a plot involving monsters and harvesting organs from teenagers. (S1)
10.00 **The Walking Dead: The Ones Who Live** *Bye:* 3/6. Jadis reveals her Civic Republic Military allegiance to Rick. (S1)
11.00 **Westworld** 8/8. Caleb and C try to escape while Christina finds the mazes centre. (S4)
12.00 M'T **Chucky** 8/8. The doll's plan comes to fruition at a dangerous venue. (S1)
1.00 AM **Warehouse 13** (S2)
3.00 **Westworld** 7/8. (S4)
4.00 **Chucky** 7/8. (S1)
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S15)
9.00 **Father Brown**
10.00 **The Mentalist** 10/24. (S3)
11.00 **Hudson & Rex** 2/16. (S1)
12.00 NOON **Body of Proof** (S2)
1.00 PM **Death in Paradise** (S10)
2.00 **Murdoch Mysteries** (S15)
4.00 **The Mentalist** 10/24. (S3)
5.00 **Hudson & Rex** 2/16. Charlie and Rex unravel a conspiracy within the city's parkour community. (S1)
6.00 **Father Brown** *The Menace of Mephistopheles:* Goodfellow sees Mallory frame a man.

8.00 Shakespeare & Hathaway

7.00 **Body of Proof** *Going Viral – Part Two:* 19/20. The team try to stop the deadly virus threatening hundreds of people. (S2)
8.00 **Shakespeare & Hathaway: Private Investigators** New episode 3/10. (S5) ■ Entire series on Box Sets
9.00 **Death in Paradise** *Lucky in Love:* 3/9. A lottery winner is found dead at her villa, much to her husband's horror. (S10)
10.00 **Father Brown** *The Cat of Mastigatus:* An investigation gets under way when a girl is left for dead at a boys' school fete.
11.00 **Father Brown** As 6.00pm.
12.00 M'T **White Collar** 2/16. Peter must devise a plan to return Neal to New York and avoid Collins. (S4)
1.00 AM **Death in Paradise**
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.05 AM **Highlights**
8.20 **Last of the Summer Wine**
9.40 **Hi-de-Hi!**
10.20 **Porridge**
11.00 **Last of the Summer Wine**
12.20 PM **Don't Wait Up**
1.00 **The Green Green Grass**
1.40 **Dad's Army**
2.20 **Porridge**
3.00 **Last of the Summer Wine**
4.20 **Don't Wait Up**
5.00 **The Green Green Grass**
5.40 **Hi-de-Hi!**
6.20 **Porridge**

9.00 The Royle Family

7.00 **Dad's Army** Sergeant Wilson is appointed manager of the Eastgate branch of the bank.
7.40 **dinnerladies** The girls celebrate Japanese-style at their work party. **8.20** Morale plummets to its lowest point when Dolly and Jean walk out.
9.00 **The Royle Family** Denise kicks up a stink and accuses Dave of flirting with Beverley Macca. **9.40** Denise is a bag of nerves as her wedding day finally arrives.
10.20 **Not Going Out** First episode starring Lee Mack and Megan Dodds. Lee wants to discover his serious side while Kate tries to lighten up.
11.00 **dinnerladies** Double bill.
12.20 AM **The Royle Family**
1.40 **Not Going Out** As 10.20pm.
2.25 **dinnerladies** Double bill.
3.30 **to 4.00** AM **The Royle Family**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Pointless** Quiz show.
8.00 **Special Ops: Crime Squad UK**
10.00 **Extreme Salvage Squad**
12.00 NOON **Storage Hunters UK**
2.00 PM **Extreme Salvage Squad**
3.00 **Top Gear** Double bill.
5.00 **Rick Stein's Road to Mexico** The chef retraces a road trip he took in 1968 from northern California to Mexico.
6.00 **The Hairy Bikers' Chicken and Egg** Si and Dave set off on a mission to find the world's most delicious chicken and egg recipes.

6.00 The Hairy Bikers' Chicken...

7.00 **Would I Lie to You? The Unseen Bits** Previously unseen material.
7.40 **Richard Osman's House of Games** Featuring Reeta Chakrabarti, Olga Koch and Gareth Thomas. **8.20** Guests Hugh Fearnley-Whittingstall and Jamali Maddix take part.
9.00 **QI XL** Stephen Fry asks Barry Humphries, Bill Bailey, Rich Hall and Alan Davies questions on the subject of gravity.
10.00 **Have I Got a Bit More News for You** Jo Brand hosts the satirical news quiz, with guests Camilla Long and Susan McCabe.
11.00 **8 Out of 10 Cats** With guests Lethal Bizzle and Nish Kumar.
11.45 **Mock the Week**
12.25 AM **Would I Lie to You?**
1.05 **Would I Lie to You? The Unseen Bits** As 7.00pm.
1.45 **Survivor South Africa**
3.35 **to 4.00** AM **Judge Romesh**

+1 hour 211/212 327 74 259

Wednesday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S.**
10.00 **Sun, Sea and Selling Houses** From Spain.
11.00 **Help! We Bought a Village** Documentary.
12.00 NOON **George Clarke's Amazing Spaces**
1.00 PM **A Place in the Sun**
3.00 **Come Dine with Me**
5.30 **Four in a Bed**
6.00 **A Place in the Sun** Penny from Staffordshire looks for a new home where she can run her business in Malaga. **7.00** Ben Hillman helps a photographer to find a new home on the Greek island of Skopelos.
7.45 **The Great British Bake Off** Pastry Week.
9.00 **24 Hours in Police Custody** Double bill.
11.30 **Social Media Monsters**
12.30 AM **Taskmaster**
1.35 **Big Fat Quiz: Best Bits**
2.35 **Gogglebox**
3.35 **Celebrity Gogglebox**
4.30 **to 5.00** AM **Mitchell and Webb Are Not Helping**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 2-4/24. (S11)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Crescent City – Part One:* 18/24. The body of a congressman and former agent washes ashore in New Orleans. **7.00** *Crescent City – Part Two:* 19/24. The team track political connections to the murder of a former agent. **8.00** *Page Not Found:* 20/24. McGee's girlfriend makes a breakthrough in a controversial case. (S11)
9.00 **Criminal Minds** *Mixed Signals:* 21/22. Part one of two. A suspect targets parts of victims' brains. **10.00** *Believer:* 22/22. Part two of two. A former agent is found locked in a storage unit. (S13)
11.00 **Law & Order: Special Victims Unit** (S22&21)
2.45 AM **Person of Interest**
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Shoplifters: Caught Red Handed**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Operation Pet Rescue** New edition
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 NEW SERIES **Trauma Room One** Following life at Liverpool's Walton Centre. A patient faces brain surgery while awake.
10.00 **999: Critical Condition**
11.00 **Murder 360** New edition
12.00 M'T **Banged Up Abroad**
1.00 AM **Casualty 24/7: Every Second Counts**
2.00 **GPs: Behind Closed Doors** Medical series.
2.45 **Police Interceptors**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Trucking Hell**
9.20 **Outback Truckers**
10.15 **Trucking Hell**
11.15 **Traffic Cops**
12.15 PM **Police Interceptors**
2.15 FILM **Young Guns of Texas** Western starring Robert Mitcham, Alana Ladd and Jody McCrea. (1962, U, 90min) ★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
9.00 **World's Deadliest Weather: Caught on Camera** New edition Featuring a look at a raging wildfire on the Greek island of Rhodes.
10.00 **Seconds from Death: Caught on Camera**
11.00 **Police Code Zero: Officer Under Attack**
12.00 M'T **MacGyver** (S3)
12.55 AM **999: Criminals: Caught on Camera**
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **Nick Knowles' Big House Clearout**
7.00 **Tipping Point**
10.00 **Property Brothers: Forever Homes**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
6.00 **DIY SOS: The Big Build**
7.00 **MasterChef Australia** New edition The contestants have 90 minutes to come up with two courses.
8.20 **Simply Nigella**
9.00 **One Born Every Minute** Following a couple who have not spent a day apart in four years. **10.00** A career woman comes to terms with pending motherhood.
11.00 **Bad Girls Behind Bars**
12.00 M'T **Prison Girls**
1.00 AM **Interior Design Masters with Alan Carr**
2.15 **to 3.00** AM **Inside the Ambulance**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.35 AM **Soldier, Soldier**
8.35 **Doctors**
9.50 **Classic Holby City**
10.50 **Classic Casualty**
11.55 **The Bill**
1.00 PM **Classic EastEnders**
2.20 **Soldier, Soldier**
3.20 **Monarch of the Glen**
4.20 **London's Burning**
5.25 **The Upper Hand**
6.00 **Terry and June**
6.40 **Last of the Summer Wine** Double bill.
8.00 **The Chelsea Detective**
9.00 **A Remarkable Place to Die** New episode *Out of the Blue – Part Two:* 6/8. Anais turns to Ihaka for support after a shocking discovery. (S1) ■ Entire series on U
10.00 **New Tricks**
11.20 **Spooks** 4/8. (S9)
12.40 AM **Lovejoy**
1.40 **The Upper Hand**
2.20 **Terry and June**
2.55 **to 4.00** AM **Sister Boniface Mysteries**

+1 hr 243 316 60 260

WEDNESDAY Entertainment

Really
142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** From Dorset.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
2.00 **Money for Nothing**
3.00 **Antiques Road Trip**
5.00 **The Derbyshire Auction House**
7.00 **Antiques Road Trip** Izzie Balmer and Ishy Khan make their way to Leicestershire. **8.00** Natasha Raskin Sharp and Philip Serrell hunt for bargains in the Lake District.
9.00 **Dr Pimple Popper** Cowboy Dusten has a painful lump on his knee.
10.00 **Britain's Fattest People: Shut-Ins**
11.00 **Dr Pimple Popper**
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge
130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Double bill.
11.00 **The Chase** Quiz show.
12.00 NOON **Who Wants to Be a Millionaire? Celebrity Special**
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill.
4.00 **Who Wants to Be a Millionaire? Celebrity Special** Quiz show.
5.00 **The Bidding Room** Items include a pedal car and a dentist's chair. **6.00** Items include a miniature skeleton and a Womble space hopper.
7.00 **The Chase Celebrity Special** With Ranvir Singh, John Sergeant and Mariella Frostrup.
8.00 **The Chase** Double bill.
10.00 **Classic Who Wants to Be a Millionaire?**
11.00 **Bullseye** Double bill.
12.00 M'T **The Chase**
4.00 AM **The Crystal Maze**
5.00 **to 6.00** AM **Bullseye**

Great! Action
323 319 426 42 33

9.10 AM **Tombstone Territory** Western.
9.50 **FILM Bad Man's River** Western. (1972, 12) ★
12.00 NOON **Tombstone Territory** Double bill.
1.00 PM **FILM The Horse Soldiers** Western. (1959, U, 115min) ★★
3.30 **Wanted: Dead or Alive**
4.00 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The Persuaders!** (S1)
7.00 **The Avengers** (S5)
8.00 **The New Avengers**
9.00 **FILM Terminator Salvation** Thriller. (2009, 12, 110min) ★★★
11.25 **FILM Kill Command** Sci-fi thriller. (2016, 15, 100min) ★★★
1.35 AM **The Avengers** (S5)
2.35 **The New Avengers**
3.35 **Cops Uncut**
4.25 **Wild West Chronicles**
5.15 **to 6.00** AM **Coast Guard Alaska**
+1hour 324

Great! Mystery
321 318 425 50 48

7.10 AM **FILM Snatched from Mommy** (2021) ★★
9.10 **Murder, She Wrote**
10.10 **Unforgettable** (S2)
11.10 **Castle** 14/24. (S2)
12.10 PM **FILM An Aurora Teagarden Mystery: The Disappearing Game**
2.05 **FILM An Aurora Teagarden Mystery: A Game of Cat and Mouse** (2019, PG) ★★
4.00 **Diagnosis Murder** (S5)
5.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 15/24. (S2)
8.00 **Unforgettable** (S2)
9.00 **Ruth Rendell Mysteries: Vanity Dies Hard**
12.00 M'T **FILM Murder 101: Locked Room Mystery**
1.55 AM **FILM 911 Nightmare** Thriller. (2015, 15) ★★
3.30 **FILM Vows of Deceit** Thriller. (2018, 12) ★
5.05 **to 5.50** AM **Sue Thomas: F.B.Eye**
+1hour 322

Great! Christmas
319 317 424 52 47

8.00 AM **FILM Reunited at Christmas** (2018) ★★
10.00 **FILM All I Want for Christmas** (2013) ★★
12.00 NOON **FILM The Christmas Getaway** Drama. (2017, PG) ★★
2.00 PM **FILM Christmas at Holly Lodge** Drama. (2017, U, 90min) ★★
4.00 **FILM A Gift for Christmas** (2017) ★★
6.00 **FILM A Storybook Christmas** Comedy. (2019, PG, 83min) ★★
8.00 **FILM Christmas Wishes and Mistletoe Kisses** Comedy. (2019, U) ★
9.55 **FILM Double Christmas** Comedy. (2019, U) ★★
11.45 **FILM Christmas in the Highlands** (2019) ★★
1.50 AM **FILM An Old Fashioned Thanksgiving** Drama. (2008, PG) ★★
3.25 **to 4.50** AM **FILM Christmas at Holly Lodge** As 2.00pm.
+1hour 320

Rewind TV
182 81 141

6.00 AM **Highlights**
9.00 **Bubblegum & Cheese**
10.00 **I Dream of Jeannie**
10.30 **Soap** 21/25. (S1)
11.00 **In Loving Memory** (S3)
11.30 **Haggard** 6/7. (S2)
12.00 NOON **Please Sir!** (S4)
12.30 PM **You're Only Young Twice** 6/8. (S2)
1.00 **From Here to Eternity**
3.00 **Bramwell** (S1)
4.00 **The Fantastic Journey**
5.00 **A Sharp Intake of Breath** 7/7. (S1)
5.30 **In Loving Memory** (S3)
6.00 **Don't Drink the Water**
6.30 **Soap** 21/25. (S1)
7.00 **Fantasy Island** (S1)
8.00 **Bramwell** 6/7. (S1)
9.00 **Dark Skies** 6/20. (S1)
10.00 **The Fantastic Journey**
11.00 **Brass** 12/13. (S1)
11.30 **Stereo Underground**
12.30 AM **FILM Dementia 13** (1963, b/w, 15) ★★★
2.00 **Mysterious Tales**
2.05 **We Had One of Those**
2.15 **to 6.00** AM **Highlights**

DMAX
159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Maine Cabin Masters**
12.00 NOON **Alaskan Bush People** Documentary.
1.00 PM **Expedition Bigfoot**
2.00 **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch**
9.00 **Barnwood Builders** New editions Mark Bowe builds a small village of antique structures in White Sulphur Springs. **10.00** The guys uncover the craftsmanship of a 1840s barn in Maine.
11.00 **Ed Stafford: First Man Out** Ed takes on ex-Marine Hakim Isler.
12.00 M'T **Naked and Afraid XL** Double bill.
2.00 **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**
+1hour 259 369 153

Food Network
140/141 154 190 43 148 39

6.00 AM **Jamie's Easy Meals for Every Day**
7.00 **Paul Hollywood: City Bakes** Double bill.
8.00 **The Pioneer Woman**
9.00 **Jamie's Easy Meals...**
10.00 **Tom Kerridge More...**
11.00 **Great British Bake Off**
12.30 PM **30 Minute Meals**
1.00 **James Martin's American Adventure**
2.00 **James Martin: Sweet**
3.00 **Paul Hollywood: City...**
4.00 **The Pioneer Woman**
5.00 **Jamie's Easy Meals for Every Day** Double bill.
6.00 **Tom Kerridge More Sunday Lunch**
7.00 **Great British Bake Off**
8.30 **30 Minute Meals**
9.00 **Hairy Bikers Go West**
10.00 **Hairy Bikers Go North**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Guy's Grocery Games**
+1hour 240/241 154

Legend
148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 18/28. (S1)
9.00 **The Fall Guy** (S4)
10.00 **Charlie's Angels** (S2)
11.00 **FILM Super Cyclone** Sci-fi disaster movie. (2012, 12, 90min) ★
1.00 PM **FILM The War Lord** Medieval drama. (1965, PG, 122min) ★★★★
3.15 **FILM Comanche Station** Western. (1960, PG, 74min) ★★
5.00 **Star Trek** 2/26. (S2)
6.00 **Charlie's Angels** (S2)
7.00 **The Fall Guy** (S4)
8.00 **Walker, Texas Ranger**
9.00 **FILM Young Guns** Action Western. (1988, 18, 107min) ★★★
11.05 **FILM Mackenna's Gold** Western adventure. (1968, 15, 136min) ★★★
1.30 AM **FILM Deadly Target** Action thriller. (2015, 15, 87min) ★★
3.15 **to 5.05** AM **FILM Peripheral** Sci-fi horror. (2018, 18, 110min) ★★

Legend Xtra
317 316 171 69 138 51

6.00 AM **FILM Dark Storm** As shown at 5.00pm.
8.00 **FILM Sea of Sand** World War Two action drama. (1958, b/w, U, 97min) ★★★
10.00 **Andromeda** 17/22. (S2)
11.00 **FILM A Study in Terror** Thriller with John Neville. (1965, 15, 91min) ★★★
1.00 PM **FILM Eye of the Beast** Monster movie. (2007, 15, 90min) ★★
3.00 **Andromeda** 17/22. (S2)
4.00 **Six Million Dollar Man**
5.00 **FILM Dark Storm** Sci-fi thriller. (2006, 15, 89min) ★★
7.00 **Andromeda** 18/22. (S2)
8.00 **Six Million Dollar Man**
9.00 **FILM The Box** Mystery. (2009, 12, 110min) ★★★
11.15 **FILM The Sorcerers** Low-budget chiller. (1967, 15, 85min) ★★★
1.00 **to 3.00** AM **FILM Office Uprising** Comedy horror. (2018, 15, 92min) ★★
+1hour 318 371 139

Blaze
164 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Junk and Disorderly**
7.35 **Auction Hunters**
8.00 **Flipping Bangers**
8.55 **Hardcore Pawn**
10.15 **UFOs: Lost Evidence**
11.10 **The UnXplained**
12.10 PM **Secrets in the Ice**
1.05 **Pawn Stars**
2.05 **Junk and Disorderly**
3.05 **Flipping Bangers**
4.00 **Ancient Aliens**
6.00 **UFOs: Lost Evidence**
7.00 **Container Wars**
8.00 **Dickinson's Real Deal**
9.00 **What on Earth?**
10.00 **The UnXplained: Mysteries of the Universe** Documentary.
11.00 **The Proof Is Out There: Military Mysteries**
12.00 M'T **Mission Unexplained**
1.00 AM **UFOs: Lost Evidence**
2.00 **Ancient Aliens**
3.45 **Court Cam** Double bill.
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT
153 166 138 46 133 30

9.00 AM **Inside the Tower of London** Double bill.
11.00 **Ben Fogle: New Lives in the Wild** The Azores.
12.00 NOON **Sue Perkins: Discovering Thailand**
1.00 PM **The Yorkshire Vet**
2.00 **Murder, She Wrote**
3.00 **Columbo** Crime drama.
4.30 **The Yorkshire Vet**
5.00 **Inside the Four Seasons: Park Lane**
6.00 **Inside the Tower of London** Double bill.
8.00 **Ben Fogle: New Lives in the Wild** Dorset.
9.00 **Michael Portillo's Milan** Michael takes in the views of the city.
10.00 **Ibiza: Jewel of the Med**
11.00 **Prisoner: Cell Block H**
1.00 AM **FILM Love at the Christmas Contest** Romantic drama. (2022, PG, 65min) ★★
2.50 **Paul Martin's Antiques Showdown**
3.40 **to 4.00** AM **Britain's Greatest Bridges**

HGTV
158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home** Six editions.
2.00 PM **A Place in the Sun**
3.00 **Derelict Rescue**
4.00 **Escape to the Country**
6.00 **A Place in the Sun**
8.00 **Escape to the Country**
9.00 **Home Town Takeover** New edition Dave and Jenny Marrs bring life back to one of the oldest buildings in Fort Morgan, Colorado.
10.00 **Renovation Aloha** New edition The Kaloma family expand their business with a reno in Kailua-Kona.
11.00 **Home Town**
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**
+1hour 258/262 391

TLC
133/134 139 165

7.00 AM **My Lottery Dream Home** Four editions.
9.00 **Say Yes to the Dress**
11.00 **Say Yes to the Dress: Atlanta** Reality series.
12.00 NOON **1000-lb Sisters**
2.00 PM **Return to Amish**
3.00 **Outdaughtered: Busby Quints**
5.00 **Little People, Big World**
6.00 **My 600lb Life**
8.00 **Dr Pimple Popper** Ruben is a personal trainer whose head growth has prevented him from seeing clients.
9.00 **The Face Doctors**
10.00 **Body Bizarre**
11.00 **My Extreme Excess Skin**
12.00 M'T **Sex Sent Me to the ER** Medical series.
1.00 AM **Extreme Couponing**
2.00 **Body Bizarre**
3.00 **My Extreme Excess Skin**
4.00 **Dr Pimple Popper**
5.00 **to 6.00** AM **My Lottery Dream Home**
+1hour 233/234 365

Comedy Central
112/113 135 132 345 360

8.00 AM **Last Man Standing**
9.00 **Everybody Loves Raymond** 16-19/26. (S3)
11.00 **Spin City** 10-13/24. (S1)
1.05 PM **Friends** (S10&1)
7.00 **Friends** 5/24. Ross joins Rachel on her first trip to a launderette. **7.30** 6/24. Chandler dates a married woman. **8.00** 7/24. Ross tries to ask Rachel out on a date. **8.30** 8/24. Guest stars Christina Pickles. (S1)
9.00 **Bradley & Barney Walsh: Breaking Dad**
10.00 **8 Out of 10 Cats Uncut**
10.50 **Iain Stirling's Roast the Internet**
11.50 **Whose Line Is It Anyway? USA**
12.50 AM **South Park** (S20)
2.45 **Rich Hall – 3:10 to Humour** Stand-up.
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**
+1hour 212/213 332

Comedy Cen. Extra
127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Criminally Funny**
10.30 **Most Ridiculous**
11.00 **Friends** 4-7/24. (S9)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.30 **Takeshi's Castle**
4.00 **Guessable?**
5.00 **Everybody Loves Raymond** (S3)
7.00 **Spin City** Four episodes of the series, including at: **8.00** 12/24. Mike stands in for the mayor on a TV talk show. **8.30** 13/24. Mike returns from holiday to discover Ashley has left him. (S1)
9.00 **South Park** (S10&8)
12.00 M'T **Beavis and Butt-Head** (S2)
2.00 AM **Key & Peele**
3.00 **Teachers** 9&10/10. (S1)
3.45 **Jason Byrne: Audience Precipitation**
4.30 **Out of Order**
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay
152 160 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **The Rookie: Feds** (S1)
11.00 **The Cleaning Lady** (S3)
1.00 PM **Motorway Patrol**
2.00 **Highway Patrol**
3.00 **911 Crisis Centre**
4.00 **Caught on Dashcam**
5.00 **Motorway Patrol**
6.00 **Bondi Rescue**
7.00 **The Cleaning Lady** (S3)
9.00 **SEAL Team** *Siege Protocol – Part One:* 11/20. Bravo Team extract a CIA agent. **10.00** *Siege Protocol – Part Two:* 12/20. (S3)
11.00 **The Rookie: Feds** (S1)
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own: Unseen**
2.00 **Duck Quacks Don't Echo** Lee Mack hosts.
3.00 **Road Wars**
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV
126/127 137 134 351 366

6.00 AM **The Hills**
6.20 **Teen Mom UK**
7.10 **Teen Mom UK: Next Generation**
8.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Triple bill.
4.00 **Help! I'm in a Secret Relationship!** Double bill.
6.00 **Catfish UK**
7.00 **Teen Mom 2**
8.00 **The Hills: New Beginnings** Reality series.
9.00 **My Lover, My Killer**
10.00 **Caught in the Act: Double Life** New edition A woman wonders if her homeless friend is living a double life.
11.00 **NEW SERIES Disaster Date** Double bill.
12.00 M'T **Ridiculousness** New edition
12.30 AM **Ridiculousness**
1.00 **The Challenge: Double Agents** Reality series.
2.20 **Ink Master**
3.10 **to 4.00** AM **Geordie OGs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Wheeler Dealers World Tour**
8.00 **Barnwood Builders**
9.00 **Gold Rush** Double bill.
11.00 **Wheeler Dealers**
1.00 PM **Gold Divers** Double bill.
3.00 **Salvage Hunters** A startling discovery at a 13th-century house in the Lake District. **4.00** Drew Pritchard hunts for items in Bournemouth.
5.00 **Moonshiners** Mark and Digger plan to distil pallets of beer.
6.00 **Hoffman Family Gold** Jack reveals shocking news.

9.00 Wheeler Dealers World...

7.00 Wheeler Dealers After years of searching, Mike's found the ultimate 1980s hot hatch – the Renault 5 GT Turbo.

8.00 Wheeler Dealers Mike gambles on a Ford P100 imported from South Africa to Scotland.

9.00 Wheeler Dealers World Tour New edition Mike and Elvis head to Portugal where the Mini Moke has earned cult status.

10.00 NEW SERIES Bitchin' Rides: Road to the Ridler Following Dave Kindig as he tries to win the Don Ridler Award.

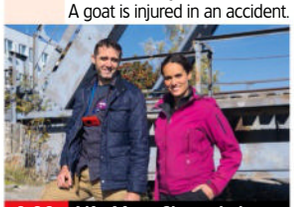
11.00 **Mystery at Blind Frog Ranch**
12.00 M'T **Blowing Up History** Using pioneering technology to examine the twin towers.
1.00 AM **Wheeler Dealers World Tour** As 9.00pm.
2.00 **Bitchin' Rides: Road to the Ridler** As shown at 10.00pm.
3.00 **to 5.00** AM **Deadliest Catch**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **Alaska: Homestead Rescue** Documentary.
9.00 **Project Grizzly**
10.00 **Tanked** With Ty Dolla Sign.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **Flying Wild Alaska** The pilots bring supplies to villages after two months of darkness. **4.00** Ferno, Ayla and Ariel Tweto run with the reindeer.
5.00 **Lone Star Law**
6.00 **Dr Jeff: Rocky Mountain Vet** A goat is injured in an accident.



9.00 Life After: Chernobyl

7.00 Treehouse Masters Pete Nelson tries to revitalise a pair of treehouses and bring them back to their former glory.

8.00 Dog Detectives PC Bartley reminisces about his first dog, who was killed in action chasing a gang of burglars.

9.00 Life After: Chernobyl Scientists explore how wildlife has been affected after 30 years in the contamination area.

10.00 Alaskan Bush People As the siblings race to finish their water system, Billy gets news that shakes the Wolfpack.

11.00 **Pit Bulls & Parolees**
12.00 M'T **Crikey! It's the Irwins** The family prepare to reopen after weeks of being closed due to the pandemic.
1.00 AM **Dog Detectives**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Europe from Above**
9.00 **Air Crash Investigation**
12.00 NOON **Car S.O.S**
2.00 PM **World War II: Secrets from Above** Double bill.
4.00 **Inside Melbourne Airport** Duty Manager Dan deals with a check-in outage at the start of the school holidays.
5.00 **Car S.O.S** Fuzz and Tim restore a 1978 Rover P6.
6.00 **Lost Treasures of Egypt** Archaeologists unlock the mysteries of Egypt's most famous pharaoh.

8.00 Killing Hitler

7.00 Air Crash Investigation The investigation into the crash of an airliner in the Himalayas is derailed when evidence is inconclusive.

8.00 NEW SERIES Killing Hitler An attempt to assassinate Hitler by Nazi officials within the Führer's inner circle.

9.00 Nazi Megastructures Hitler forms a strategy to destroy Britain's air power and land troops in southern England.

10.00 Top Guns: The Next Generation The students start the dogfighting phase of training to learn how to attack in battle.

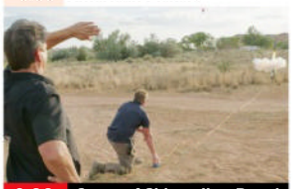
11.00 **Air Crash Investigation**
12.00 M'T **Engineering Europe**
1.00 AM **Airport Security: Peru** Cocaine in shapeware.
2.00 **To Catch a Smuggler**
2.30 **Money Meltdown**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Exotic Animal ER: Double Dose**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Flipping Bangers**
6.55 **Full Custom Garage** New edition Work on the Packard lead sled concludes.
7.50 **American Pickers**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Five editions.
1.00 PM **Curse of Skinwalker Ranch** Documentary.
2.00 **Beyond Skinwalker Ranch**
3.00 **Secrets of Great British Castles** Cardiff Castle.
4.00 **Storage Hunters**
5.00 **Canadian Pickers**
6.00 **American Pickers**



9.00 Curse of Skinwalker Ranch

7.00 Forged in Fire A replica of Teddy Roosevelt's Rough Rider Bowie and George Washington's colichemarde.

8.00 Storage Wars New edition The buyers go to Montebello, where there are a large number of lockers for auction.

9.00 Curse of Skinwalker Ranch New edition The team deploy cutting-edge new technology to study the mysterious Bubble.

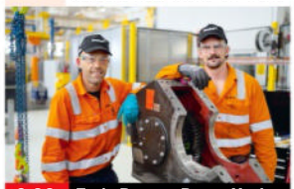
10.00 Beyond Skinwalker Ranch New edition Andy and Paul return to Miller Ranch to investigate 'The Miller Triangle'.

11.00 **Secrets in the Ice** The discovery of the body of a legendary mountaineer.
12.00 M'T **Close Encounters Down Under** A visit to the land beyond the coastal fringe.
12.55 AM **Storage Wars**
1.50 **Curse of Skinwalker Ranch**
2.50 **Full Custom Garage**
3.40 **Pawn Stars** Documentary.
4.25 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great American Railroad Journeys** Double bill.
8.00 **Bangers & Cash**
10.00 **True Evil: The Making of a Nazi** As shown at 4.00pm.
11.00 **Nazi Hunters** As 5.00pm.
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash**
4.00 **True Evil: The Making of a Nazi** Hermann Goering.
5.00 **Nazi Hunters** The story of architect Albert Speer.
6.00 **Antiques Roadshow** A second visit to Trentham Gardens near Stoke-on-Trent.



9.00 Train Rescue Down Under

7.00 Simon Reeve's Return to Cornwall The explorer sees what life is like for the locals after the summer crowds have gone.

8.00 Train Truckers The A4 LNER Pacific Locomotive, Sir Nigel Gresley, must be hauled 46 miles at 30mph from Crewe to Bridgnorth.

9.00 Train Rescue Down Under New edition A maintenance team attempt to overhaul a finicky gearbox.

10.00 Bangers & Cash Derek takes a shine to a rare 1958 Armstrong Siddeley Sapphire with a long family history.

11.00 **Bangers & Cash** A 1924 Rover 9 that has been in the same family since the 1950s.
12.00 M'T **Find It, Fix It, Flog It** The boys find an antique Tilley lamp and an old work bench.
1.00 AM **Abandoned Engineering**
2.00 **to 3.00** AM **Simon Reeve's Return to Cornwall**

+1 hour 255 329

Wednesday 7 PM 8 PM 9 PM 10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Drive It** A vintage tractor.
7.00 **Salvage Hunters: Classic Cars**
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Repair Shop**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
5.00 **Find It, Fix It, Drive It**
6.00 **Wheeler Dealers**
7.00 **The Repair Shop**
8.00 **The Yorkshire Auction House** Clearing out a historic property. **9.00** A huge haul of designer watches. **10.00** Items include a broken fruit machine.
11.00 **How Do They Do It?**
1.00 AM **Shed and Buried: Classic Cars** Double bill.
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress**
7.00 **Curvy Brides Boutique**
8.00 **Say Yes to the Dress**
10.00 **Say Yes to the Dress: Atlanta** Double bill.
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **Betrayed**
1.00 PM **On the Case with Paula Zahn**
2.00 **Murder on CCTV**
3.00 **A Killer's Mistake**
4.00 **American Monster**
6.00 **Murder Chose Me**
7.00 **Judge Rinder's Crime Stories** A woman whose ex-husband killed their sons.
8.00 **Murder on CCTV**
9.00 **Before They Kill Again**
10.00 **The Killer in My Family**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Susan Casey.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Fatal Attraction**
8.00 **Murder by the Sea** An arrogant hotelier gets away with murdering his wife in 1982.
9.00 **48 Hours** Student Sarah Yarborough is found murdered just a hundred yards from her car on the school's campus.
10.00 **Murder: Point of Contact** New edition Surjit Athwal was forced into an arranged marriage at 16. In 1998, she was lured to India under the false promise of a divorce and never returned.
11.00 **Killer Kids**
12.00 M'T **Handsome Devils**
1.00 AM **48 Hours**
2.00 **Murder: Point of Contact** As 10.00pm.
3.00 **Murder by the Sea**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Storm of Suspicion**
11.00 **48 Hours** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Storm of Suspicion**
4.00 **48 Hours** The case of a women with an allegedly abusive boyfriend.
5.00 **Medical Detectives** The abduction and murder of a nine-year-old girl. **5.30** The disappearance of a woman which was solved by the discovery of a charred tooth. **6.00** The death of a rich woman, which baffled investigators until the widower's ex-wife came forward to tell her story. **6.30** Detectives discover fingerprints and a trail of blood at the scene of a elderly woman's murder.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Road Wars**
7.00 **Stop, Search, Seize**
8.00 **Motorway Patrol**
9.00 **Caught on Dashcam**
10.00 **The Real Manhunter**
11.00 **Catching the Killer**
12.00 NOON **How I Caught...**
1.00 PM **Britain's Most Evil...**
2.00 **Killer in My Village**
3.00 **Catching the Killer**
4.00 **World's Most Evil Killers**
4.55 **How I Caught the Killer**
5.50 **Catching the Killer**
6.45 **Britain's Most Evil Killers**
7.40 **The Murderer & Me**
9.00 **Killer in My Village** New edition True-crime.
10.00 **How I Caught the Killer**
11.00 **Britain's Most Evil Killers**
12.00 M'T **Murdered at First...**
1.00 AM **How I Caught the Killer** Documentary.
2.00 **NEW SERIES Forensics: Catching the Killer**
3.00 **Murdered at First Sight**
4.00 **Border Security USA**
5.00 **to 6.00** AM **Brit Cops**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of the Scottish Islands**
8.40 **WWII in Colour: Road to Victory**
9.50 **Conquistadors: The Rise and Fall**
10.55 **The Endurance**
1.00 PM **A Short History of the Moors** Documentary.
2.15 **WWII in Colour: Road to Victory**
3.20 **Conquistadors: The Rise and Fall**
4.25 **The Endurance**
6.25 **A Short History of the Moors** Documentary.
7.35 **WWII in Colour: Road to Victory**
8.50 **Conquistadors: The Rise and Fall** Hernán Cortés travels deep into the Mexican interior.
9.55 **The Endurance** The story of Shackleton's expedition to Antarctica.
12.00 M'T **Conquistadors: The Rise and Fall**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

WEDNESDAY

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Eyes on the Prize III**
7.00 **Discovering: Forest Whitaker**
8.00 **The Directors** Antoine Fuqua.
9.00 **The 2000s** Barack Obama.
10.00 **Kings from Queens: The Run DMC Story**
11.00 **Stax: Soulsville USA**
12.00 NOON **Donyale Luna: Supermodel** Documentary.
1.50 PM **My Icon: Natasha Jonas**
2.00 **Obama: In Pursuit of a More Perfect Union**
4.00 **Discovering: Forest Whitaker**
5.00 **The Directors** Antoine Fuqua.
6.00 **The 2000s** Barack Obama.
7.00 **Kings from Queens: The Run DMC Story**
8.00 **Black Widow** Investigating the crimes of Dena Thompson.
9.00 **Bruno v Tyson** Frank Bruno and Mike Tyson's rivalry.
10.50 FILM **When We Were Kings** Oscar-winning documentary. (1996, PG, 87min) ★★★★★
12.30 AM **I Am Paul Walker**
2.20 **Meth Storm** Documentary.
4.10 **The Directors** As 5.00pm.
5.05 **to 6.00** AM **Discovering: Forest Whitaker**

Sky Nature

145 113/114 189 354 369

6.00 AM **Ocean Parks**
7.00 **Monkey Life** Double bill.
8.00 **Rooted** Outeniqua Yellowwood.
9.00 **Wild Family Ties**
10.00 **Living Beach** Florida's beaches.
11.00 **Ireland's Wild Islands with Eoin Warner**
12.00 NOON **New Kids in the Wild**
1.00 PM **Monkey Life** Double bill.
2.00 **Rooted** Outeniqua Yellowwood.
3.00 **Wild Family Ties**
4.00 **Living Beach** Florida's beaches.
5.00 **Hope for Wildlife**
6.00 **New Kids in the Wild**
7.00 **Monkey Life** Double bill.
8.00 **Undiscovered Vistas**
9.00 **Macro Worlds** A look into the success of beetles, which have outlived the dinosaurs.
10.00 **New Kids in the Wild**
11.00 **Hope for Wildlife**
12.00 M'T **Ireland's Wild Islands with Eoin Warner**
1.00 AM **Ocean Parks**
2.00 **Undiscovered Vistas**
3.00 **Macro Worlds** As 9.00pm.
4.00 **Rooted** Outeniqua Yellowwood.
5.00 **to 6.00** AM **Wild Family Ties**

Sky History 2

163/168 143 186

6.00 AM **Secrets Declassified with David Duchovny**
7.00 **Bradley Walsh: Egypt's Cosmic Code**
8.00 **The Proof Is Out There**
9.00 **The Lost Women Spies**
11.00 **Ancient Aliens: Origins**
1.00 PM **Alien Files: Unsealed**
2.00 **Walking Through History**
3.00 **Digging for Britain**
4.00 **Secrets Declassified with David Duchovny**
5.00 **Bradley Walsh: Egypt's Cosmic Code** Tutankhamun.
6.00 **The Proof Is Out There**
7.00 **The Lost Women Spies**
9.00 **Ramses the Great: King of Ancient Egypt** The story of Merenptah, the 13th son of Ramses II, who succeeded his father as pharaoh.
10.00 **History's Crazy Rich Ancients**
11.00 **Ancient Aliens: Origins**
1.00 AM **Alien Files: Unsealed**
2.00 **Walking Through History**
3.00 **Digging for Britain**
4.00 **Weird Britain** From Devon.
5.00 **to 6.00** AM **Rust Valley Restorers**

Crime+Investigation

156 142 133

6.00 AM **Imperfect Murder**
7.00 **Homicide Hunter**
8.00 **Judge Rinder**
9.00 **Murdertown** Elaine Doyle.
10.00 **Buried in the Backyard**
11.00 **Hometown Tragedy**
12.00 NOON **Meet, Marry, Murder**
1.00 PM **Somebody's Hiding Something** Documentary.
2.00 **Judge Rinder**
3.00 **Critical Evidence**
4.00 **Murdertown** Naomi Smith.
5.00 **When Missing Turns to Murder**
6.00 **Imperfect Murder**
7.00 **Green Eyed Killers**
8.00 **Somebody's Hiding Something**
9.00 **Lie Detector: Truth or Deception** New edition
10.00 **Secrets of Celebrity Sex Tapes** New edition
11.00 **Look What You Made Me Do**
12.00 M'T **Somebody's Hiding...**
1.00 AM **Lie Detector: Truth or...**
2.00 **Imperfect Murder**
3.00 **Secrets of Celebrity Sex Tapes**
4.00 **When Missing Turns to Murder**
5.00 **to 6.00** AM **Buried in the...**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Something Bit Me**
10.00 **When Sharks Attack 360**
11.00 **The Hatcher Family Dairy**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 NEW **Alaska's Wild Coast** Chronicling life in Glacier Bay.
3.00 **Hostile Planet**
4.00 **Secrets of the Zoo**
5.00 **The Incredible Dr Pol**
6.00 **Critter Fixers: Country Vets**
7.00 NEW **Crocodile: Australia's Greatest Survivor** The story of dominant saltwater crocodiles.
8.00 NEW **Dragons Uncovered** The secrets of the Komodo Dragon.
9.00 **Sharks of the North** Sightings of great white sharks in Canada.
10.00 **Lawless Island** Two generations come together to build a life-changing tool.
11.00 **Ice Road Rescue**
12.00 M'T **Something Bit Me**
1.00 AM **Swamp Men**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet** Documentary.
4.00 **to 5.00** AM **Africa's Deadliest**

Discovery History

174 147 181 320 325

7.00 AM **To Live or Die on Everest**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers: Reloaded**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works** New discoveries surrounding dark matter and energy.
8.00 **To Live or Die on Everest** How deadly weather claimed 11 lives on Mount Everest in 2019.
9.00 **Secrets Underground** Rob Nelson investigates mysterious tunnels under Denver's airport, then heads to Ohio to uncover the secrets of a giant serpent-shaped mound.
10.00 **How Do They Do It?**
11.00 **Massive Engineering Mistakes**
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **999 Rescue Squad**
1.00 PM **999 Rescue Squad** A teenager is found with multiple stab wounds in the street near his home. **2.00** The team treat a lorry driver trapped behind his twisted steering wheel. **3.00** The discovery of underwear on a canal bank sparks a missing persons search. **4.00** A serious accident at an illegal off-road biking site leads to a rider needing urgent hospital treatment.
5.00 **Doctor Who** Four episodes.
7.05 **Doctor Who** *Inferno – Part Seven:* 25/25. Having returned to his own universe, the Doctor must stop Stahlman before the Earth suffers the same fate as the parallel one. **7.35** *Spearhead from Space – Part One:* 1/25. Jon Pertwee makes his debut. (S7)
8.05 **Doctor Who** Sci-fi adventure.
5.10 **to 6.00** AM **Great British Railway Journeys**

+1 hour 266 376

ID

154 141 166

8.00 AM **Murder Comes to Town**
9.00 **Valley of the Damned**
11.00 **American Monster**
12.00 NOON **Evil Lives Here**
1.00 PM **Faking It: Tears of a Crime**
3.00 **American Monster**
4.00 **Evil Lives Here** The secrets of FBI agent Scott Kimball.
5.00 **The Killer in My Family**
7.00 **Disappeared** A look into the case of Ali Lowitzer. **8.00** When popular college student Martin Roberts went missing, only a cryptic note was left behind. Two years later, his relatives were intent on solving the mystery once and for all.
9.00 **Cabin in the Woods** An unpredictable outdoorsman leads investigators down a path of devastation.
10.00 **American Detective with Lt Joe Kenda** True-crime.
11.00 **Before They Kill Again**
12.00 M'T **Real Time Crime**
2.00 AM **The Killer in My Family**
4.00 **to 6.00** AM **Disappeared**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Incredible Engineering Blunders: Fixed**
7.00 **Texas Metal** A Chevy Colorado.
8.00 **Motor Pickers** Double bill.
9.00 **Kindig Customs**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Kindig Customs**
4.00 **Fifth Gear** Testing the Lamborghini Huracan Sterrato.
5.00 **Salvage Hunters: Classic Cars**
6.00 **Motor Pickers** Double bill.
7.00 **Shed and Buried**
8.00 **Fifth Gear** Jason and Rory explore Iceland in a Kia EV9.
9.00 **Richard Hammond's Big**
10.00 **Kindig Customs**
11.00 **Shed and Buried**
12.00 M'T **Fifth Gear** As 8.00pm.
1.00 AM **Roadworthy Rescues**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Speed Is the New Black**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

7.10 AM **Juliet & Romeo** Musical. (2025, 12, 122min) ★★★
9.20 **Code 3** As shown at 12.25am.
11.10 **Die Alone** Zombie horror. (2024, 15, 91min) ★★★★
12.45 PM **Bridget Jones: Mad About the Boy** As 8.00pm.
2.55 **It Feeds** Horror with Shawn Ashmore. (2025, 15) ★★★
4.45 **Wolf Man** Werewolf horror. (2024, 15, 103min) ★★★
6.30 **Love Hurts** Action comedy. (2025, 15, 83min) ★★

10.10 Nosferatu

8.00 Bridget Jones: Mad About the Boy Romantic comedy starring Renée Zellweger. Recently widowed Bridget Jones enters the dating game once again, caught between her son's science teacher and a man 20 years her junior. (2024, 15, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 Nosferatu Horror starring Bill Skarsgård and Lily-Rose Depp. A troubled woman forms a telepathic bond with a mysterious Count. (2024, 15, 132min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Code 3** Action comedy starring Rainn Wilson, Lil Rel Howery and Aimee Carrero. (2025, 15, 104min) ★★★★
2.15 **Spin the Bottle** Horror. (2024, 15, 119min) ★★
4.25 **to 6.10** AM **Wish You Were Here** Romantic drama. (2025, 12, 99min) ★★★

Sky Cinema Hits

303 303 403 503 517

6.50 AM **Snow White and the Huntsman** (2012, 12) ★★★
9.05 **The Huntsman: Winter's War** Fantasy. (2016, 12) ★★★
11.00 **Jack Reacher** Action thriller. (2012, 15, 130min) ★★★
1.15 PM **Jack Reacher: Never Go Back** Thriller. (2016, 12) ★★★
3.20 **Aquaman and the Lost Kingdom** Adventure sequel. (2023, 12, 124min) ★★★
5.30 **The Da Vinci Code** Thriller. (2006, 12, 149min) ★★★

5.30 The Da Vinci Code

8.00 There Will Be Blood Epic drama starring Daniel Day-Lewis and Paul Dano. A ruthless California prospector makes a colossal fortune in the early-20th-century oil business but turns into a haunted loner. With Kevin J O'Connor and Ciarán Hinds. (2007, 15, 158min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.40 Law Abiding Citizen Thriller starring Jamie Foxx and Gerard Butler. A man takes revenge against the Philadelphia criminal justice system. (2009, 18, 109min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **The Punisher** Action thriller starring Tom Jane. (2004, 18, 123min) ★★★
2.35 **Kung Fu Hustle** Chinese action comedy. Subtitled. (2004, 15, 99min) ★★★★
4.20 **to 6.10** AM **Pixels** Comedy. (2015, 12, 105min) ★★

Sky Cinema Drama

310 310 410 510 524

6.50 AM **The Breakfast Club** (1984)
8.30 **Horizon: An American Saga – Chapter 1** Western. (2024, 15, 181min) ★★★★
11.30 **A League of Their Own** Comedy starring Tom Hanks. (1992, PG, 124min) ★★★★
1.40 PM **The Bodyguard** Romantic thriller. (1992, 15, 129min) ★★★
3.55 **Exhibiting Forgiveness** Drama. (2024, 15, 117min) ★★★
6.00 **Dallas Buyers Club** Fact-based drama starring Matthew McConaughey and Jared Leto. (2013, 15, 114min) ★★★★
8.00 **Darkest Hour** Period drama starring Gary Oldman, Kristin Scott Thomas and Lily James. (2017, PG, 122min) ★★★
10.15 **The Breakfast Club** Comedy drama about five very different students who discover common bonds while in detention, starring Emilio Estevez. (1984, 15, 97min) ★★★★
12.00 M'T **Champion** Boxing drama. (1949, b/w, PG, 99min) ★★★★
1.45 AM **The Danish Girl** Biopic drama. (2015, 15, 117min) ★★★
3.55 **Sky Cinema Preview**
4.25 **to 7.05** AM **There Will Be Blood** Epic drama. (2007, 15, 158min) ★★★★★

Sky Cinema Science Fiction

311 311 411 511 525

7.10 AM **Cinema List: Horror Villains**
7.25 **Friendship's Death** As 1.00am.
8.45 **Ghostbusters: Frozen Empire**
10.45 **Escape from the 21st Century** Chinese adventure. Subtitled. (2024, 15, 94min) ★★★
12.30 PM **I.S.S** Drama starring Ariana DeBose. (2023, 15, 95min) ★★★
2.10 **Gravity** Thriller starring Sandra Bullock and George Clooney. (2013, 12, 91min) ★★★★★
3.50 **Godzilla** Action thriller remake starring Aaron Taylor-Johnson. (2014, 12, 118min) ★★★
6.00 **Ghostbusters: Frozen Empire** Comedy adventure sequel starring Paul Rudd and Carrie Coon. (2023, 12, 115min) ★★★
8.00 **King Kong** Peter Jackson's fantasy starring Naomi Watts, Jack Black and Adrien Brody. (2005, 12, 187min) ★★★★
11.15 **Repo Man** Thriller with Emilio Estevez and Harry Dean Stanton. (1984, 18, 92min) ★★★★
1.00 AM **Friendship's Death** Sci-fi drama starring Tilda Swinton. (1987, 15, 78min) ★★★
2.25 **57 Seconds** Time-travel thriller. (2023, 15, 99min) ★★★
4.15 **to 6.20** AM **Riddick** Sci-fi thriller sequel starring Vin Diesel. (2013, 15, 122min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family
306 306 406 506 519

6.30 AM **Yogi Bear** Family comedy. (2010, U, 81min) ★★★
8.05 **Jack the Giant Slayer** Fantasy. (2013, 12, 114min) ★★★
10.10 **Oliver!** (1968, U) ★★★★★
12.45 PM **The Spiderwick Chronicles** (2008, PG) ★★★★
2.35 **Peter Rabbit** Family comedy. (2018, PG, 95min) ★★★
4.25 **The Cat in the Hat** Fantasy. (2003, PG, 82min) ★★★★
6.00 **Stardust** Comedy adventure. (2007, PG, 127min) ★★★★

6.00 Stardust

8.20 **The Flintstones** Comedy based on the classic cartoon series set in the Stone Age town of Bedrock, starring John Goodman, Rick Moranis, Elizabeth Perkins and Rosie O'Donnell. (1994, U, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **The Flintstones in Viva Rock Vegas** Comedy prequel starring Mark Addy. Fred and Barney Rubble take their girlfriends to Rock Vegas. (2000, PG, 91min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **The Huntsman: Winter's War** Fantasy adventure. (2016, 12, 114min) ★★★
1.55 AM **Paulie** Family comedy. (1998, U, 92min) ★★★
3.30 **It Takes Two** Family comedy. (1995, U, 97min) ★
5.20 **to 7.00** AM **My Penguin Friend** Drama with Jean Reno. (2024, PG, 98min) ★★★★

Sky Cinema Action
307 307 407 507 521

7.15 AM **Chappie** As 12.20am.
9.30 **The Dark Tower** As 2.25am.
11.20 **Total Recall** Thriller remake. (2012, 12, 113min) ★★★
1.25 PM **Saving Private Ryan** Steven Spielberg's drama. (1998, 15, 169min) ★★★★★
4.25 **Old Guy** Comedy starring Christoph Waltz and Lucy Liu. (2024, 15, 94min) ★★★
6.10 **Ghost Rider: Spirit of Vengeance** Adventure sequel. (2012, 12, 91min) ★★

6.10 Ghost Rider: Spirit of...

8.00 **The Meg** Action thriller starring Jason Statham. A rescue diver is hired to save the crew of a deep-sea submersible from a 75ft-long prehistoric shark. With Li Bingbing and Ruby Rose. (2018, 12, 113min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **Robin Hood: Prince of Thieves** Adventure starring Kevin Costner. Robin Hood forms a band of outlaws to exact revenge on the tyrannical Sheriff of Nottingham. (1991, PG, 138min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Chappie** Sci-fi thriller with Dev Patel and Hugh Jackman. (2015, 15, 120min) ★★
2.25 **The Dark Tower** Fantasy adventure starring Idris Elba. (2017, 12, 95min) ★★
4.05 **to 6.20** AM **William Tell** Drama starring Claes Bang. (2025, 15, 133min) ★★★

Sky Cinema Comedy
308 308 408 508 522

6.35 AM **The Longest Yard** Comedy. (2005, 12, 113min) ★★
8.30 **Nacho Libre** (2006) ★★★★
10.05 **Brewster's Millions** Comedy. (1985, PG, 97min) ★★★
11.50 **The Holdovers** Comedy. (2023, 15, 133min) ★★★★★
2.05 PM **Baywatch** Action comedy. (2017, 15, 121min) ★★
4.05 **Dumb and Dumber To** Comedy sequel. (2014, 15) ★★
5.55 **The Intern** Comedy drama. (2015, 12, 121min) ★★★★

5.55 The Intern

8.00 **Horrible Bosses** Farcical comedy starring Jason Bateman, Charlie Day and Jason Sudeikis. Three longtime friends hatch a plot to get rid of their tyrannical employers. With Jennifer Aniston. (2011, 15, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Mean Girls** Musical with Angourie Rice and Reneé Rapp. A teenager is a hit with a school clique when she makes the mistake of falling for boy. (2023, 12, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **HouseSitter** Romantic comedy starring Steve Martin. (1992, PG, 102min) ★★★
1.50 AM **Twins** Action comedy. (1988, PG, 107min) ★★★
3.40 **Scott Pilgrim vs. the World** Quirky comic-book comedy. (2010, 12, 112min) ★★★★
5.35 **The Cinema List: SNL**
5.55 **to 7.40** AM **Mr Deeds** Comedy with Adam Sandler. (2002, 12, 96min) ★★★

Sky Cinema Thriller
309 309 409 509 523

6.25 AM **Sky Cinema Preview**
7.10 **Rashomon** Japanese drama. (1950, b/w, 12) ★★★★★
8.50 **Angels & Demons** Mystery. (2009, 12, 138min) ★★
11.10 **There Will Be Blood** Drama. (2007, 15, 158min) ★★★★★
1.50 PM **Ocean's Eight** Thriller. (2018, 12, 110min) ★★★★
3.45 **Jack Reacher** Action thriller. (2012, 15, 130min) ★★★
6.00 **Jack Reacher: Never Go Back** Thriller. (2016, 12) ★★★

10.10 Detroit

8.00 **Sherlock Holmes** Guy Ritchie's rollicking action adventure starring Robert Downey Jr and Jude Law. Sherlock Holmes and Dr Watson strive to foil a plot by a Satan-worshipping aristocrat to bring down Parliament and seize power. With Rachel McAdams. (2009, 12, 128min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Detroit** Fact-based drama with John Boyega. Racist police officers respond to a complaint with retribution rather than justice in mind. (2017, 15, 143min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **Fatal Attraction** Thriller starring Michael Douglas. (1987, 15, 120min) ★★★★
2.40 **Lawless** Prohibition-era crime drama starring Shia LaBeouf. (2012, 18, 111min) ★★★★
4.50 **to 6.20** AM **Head Count** Thriller. (2023, 15, 77min) ★★★

Film4
313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Wrong Box** Comedy. (1966, U, 101min) ★★★
1.10 PM **13 Rue Madeleine** Documentary-style spy thriller. (1946, b/w, U, 95min) ★★★
3.10 **Barnacle Bill** Comedy. (1957, b/w, U, 87min) ★★★
4.55 **The 300 Spartans** Adventure. (1962, PG, 113min) ★★★
7.10 **Daddy's Home** Comedy with Will Ferrell and Mark Wahlberg. (2015, 12, 96min) ★★★

9.00 Stillwater

Daddy's Home (film started at 7.10pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Stillwater** Crime thriller with Matt Damon, Abigail Breslin and Camille Cottin. A man travels from Oklahoma to France to help his estranged daughter, who is in prison for a murder she claims she did not commit. (2021, 15, 139min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.45 **Not Okay** Comedy drama starring Zoey Deutch. An ambitious woman finds fame when she poses as the survivor of a deadly attack. (2022, 15, 100min) ★★★★
1.50 **to 4.00** AM **Second Coming** Drama starring Nadine Marshall, Idris Elba, Kai Francis Lewis and Sharlene Whyte. (2014, 15, 105min) ★★★

11 PM

+1hour 314 430 47 301 257

Sky Cinema Halloween
302 302 402 502 516

7.15 AM **Videodrome** Sci-fi thriller. (1982, 18, 88min) ★★★★
8.45 **Cuckoo** As shown at 7.10pm.
10.35 **The Ring** Horror chiller remake. (2002, 15, 115min) ★★★
12.35 PM **Ouija** Horror starring Olivia Cooke. (2014, 15, 87min) ★★
2.10 **Ouija: Origin of Evil** Horror prequel. (2016, 15, 99min) ★★★
3.50 **The Watched** Horror thriller. (2024, 15, 102min) ★★★

5.35 **Zombieland** Horror comedy. (2009, 15, 84min) ★★★★
7.10 **Cuckoo** Horror starring Hunter Schafer and Jan Bluthardt. (2024, 15, 102min) ★★★
9.00 **The Shining** Stanley Kubrick's chilling adaptation of the Stephen King bestseller starring Jack Nicholson. A writer's job as a winter caretaker in a remote hotel puts his family in peril. (1980, 15, 119min) ★★★★★
11.25 **The Nun** Horror starring Taissa Farmiga. (2018, 15, 96min) ★★★

1.05 AM **Friday the 13th Part II** Horror sequel starring Amy Steel. (1981, 18, 87min) ★★
2.35 **Friday the 13th Part III** Horror sequel starring Richard Brooker. (1982, 18, 95min) ★
4.15 **to 6.20** AM **The Collector** Thriller. (1965, 15, 119min) ★★★

Sky Cinema Greats
304 304 404 504 518

6.40 AM **Gorillas in the Mist** Drama. (1988, 12, 124min) ★★★★
8.55 **The Godfather** Francis Ford Coppola's gangster drama. (1971, 15, 167min) ★★★★★
11.50 **The Godfather Part II** Francis Ford Coppola's drama sequel. (1974, 18, 200min) ★★★★★
3.10 PM **The Godfather Part III** Drama sequel with Al Pacino. (1990, 15, 162min) ★★★★

6.00 **Bad Boys** Action comedy thriller starring Martin Lawrence, Will Smith and Téa Leoni. (1995, 15, 118min) ★★★
8.00 **Grease** Musical starring John Travolta and Olivia Newton-John. (1978, PG, 110min) ★★★★
10.00 **A League of Their Own** Comedy drama set during World War Two, about America's first all-female professional baseball league, starring Tom Hanks and Geena Davis. (1992, PG, 124min) ★★★★

12.10 AM **Midnight Express** Drama starring Brad Davis and John Hurt. (1978, 18, 120min) ★★★★
2.25 **Enter the Dragon** Action thriller starring Bruce Lee. (1973, 18, 97min) ★★★★
4.25 **to 6.25** AM **Congo** Adventure. (1995, 12, 108min) ★★★

Sky Cinema Animation
305 305 412 500 514

7.20 AM **Scooby-Doo! The Sword and the Scoob** As 2.15am.
8.55 **Rock Dog 3: Battle the Beat** Animated sequel. (2022, U) ★★
10.40 **Despicable Me 2** Animated sequel. (2013, U, 97min) ★★★
12.30 PM **Riverdance: The Animated Adventure** Family animation. (2021, U, 90min) ★★★
2.15 **Pil's Adventures** Animated adventure. (2021, U, 89min) ★★

4.00 **Trolls** Animated musical. (2016, U, 92min) ★★★
5.40 **The Adventures of Tintin: The Secret of the Unicorn** Animated family adventure. (2011, PG, 106min) ★★★★
7.35 **Rango** Animated Western spoof. (2011, PG, 103min) ★★★★
9.30 **Scarygirl** Animated adventure. (2023, PG, 90min) ★★★
11.10 **Little Vampire** Animation. (2020, PG, 85min) ★★★
12.40 AM **Barnyard** Animated comedy. (2006, PG, 90min) ★

2.15 **Scooby-Doo! The Sword and the Scoob** Animated fantasy. (2021, PG, 76min) ★★★
3.40 **Rebellious** Animated adventure. (2024, PG, 94min) ★★★
5.25 **to 7.15** AM **Mavka: The Forest Song** Animated fantasy. (2023, PG, 99min) ★★

Christmas 24
312 313 419

7.00 AM **A Novel Noel** Festive drama. (2024, PG, 90min) ★★
9.00 **Everything Christmas** Festive comedy. (2023, PG, 85min) ★★
11.00 **Christmas Bedtime Stories** Drama. (2022, PG, 90min) ★★
1.00 PM **Twas the Night Before Christmas** Festive drama. (2022, PG, 84min) ★★
3.00 **A Fabled Holiday** Romantic fantasy. (2022, PG, 90min) ★★

5.00 **Merry Exmas** Family drama. (2014, PG, 90min) ★★
7.00 **Christmas Under the Lights** Festive drama starring Heather Hemmens and Marco Grazzini. (2024, PG, 90min) ★★
9.00 **Ghosts of Christmas Always** Fantasy comedy starring Kim Matula and Ian Harding. A ghost is assigned to help a man rediscover his Christmas spirit. (2022, PG, 90min) ★★
11.00 **Our Holiday Story** Festive drama. (2024, PG, 84min) ★★

1.00 AM **Following Yonder Star** Festive drama starring Brooke D'Orsay. (2024, PG, 84min) ★★
3.00 **to 5.00** AM **Holiday Touchdown: A Chiefs Love Story** Festive drama. (2024, PG, 90min) ★★

Movies 24+ 315 314 420

Talking Pictures
328 445 82 306 36

6.00 AM **Stagecoach West** (S1)
7.00 **The Reluctant Bride** Comedy. (1955, b/w, PG, 75min) ★★
8.30 **Out of Town** Documentary.
9.00 **The Steel Key** Spoof thriller. (1953, b/w, PG, 74min) ★★
10.20 **Australian Eggs**
10.30 **Model for Murder** Crime drama starring Keith Andes. (1958, b/w, PG, 73min) ★★
12.00 NOON **Dixon of Dock Green**

1.05 PM **A Woman's Temptation** Drama starring Patricia Driscoll. (1959, b/w, U, 60min) ★★
2.20 **The Brothers** 4/13. (S6)
3.25 **Portrait of Alison** Mystery. (1955, b/w, PG, 82min) ★★
5.05 **Crooks Anonymous** Comedy. (1962, b/w, U, 87min) ★★
6.50 **Strange But True**
7.25 **Scotland Yard** 2/39. (S1)
8.05 **Van der Valk** 1/12. (S3)
9.05 **The Case of the Frightened Lady** Drama starring Virginia McKenna. (1983, PG, 75min) ★★

10.40 **Dead Gorgeous** Crime comedy.
12.40 AM **Home and Away** Comedy. (1956, b/w, PG, 100min) ★★
2.20 **The Red House** Mystery thriller. (1947, b/w, PG, 100min) ★★★
4.20 **Rose of Cimarron** Revenge Western. (1952, U, 73min) ★★
5.55 **to 6.00** AM **The Strand**

Wednesday

Sky Sports Main Event

401 401 511 501 419 439

5.30 AM **LIVE WTA & ATP Tennis** The ATP Shanghai Masters and the WTA Wuhan Open from Qizhong Forest Sports City Arena and Optics Valley International Tennis Center respectively.
10.00 **LIVE ICC Women's World Cup Australia v Pakistan.** Coverage of the group match comes from R. Premadasa Stadium, Colombo, as the holders play their third group game of this year's tournament.
5.45 PM **The Premier League Show** A daily guide to the top flight.
7.00 **LIVE World Grand Prix Darts** Coverage of the third day staged at Mattioli Arena in Leicester, featuring second-round matches played over the best of five sets. In the closest match of the third day last year, Ryan Joyce claimed a 3-2 win over Nathan Aspinall.
11.00 **Sky Sports News** With live analysis and comment, plus interviews with headline-makers.
4.00 **to 6.00** AM **LIVE WTA Tennis** Coverage of the fourth day of the WTA Wuhan Open, a hard-court tournament at Optics Valley International Tennis Center.

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League 100 Club**
9.00 **Premier League Review**
10.00 **Sky Sports FC**
12.00 NOON **Match Officials Mic'd Up**
12.30 PM **Netbusters** Recent action.
1.00 **Premier League Years** Memorable moments from the 2007/08 season.
3.00 **PL Retro** Crystal Palace v Liverpool in the 2013/14 season.
5.00 **The Premier League Show**
7.00 **Premier League Stories**
7.30 **Match Officials Mic'd Up**
8.00 **Premier League Review** Action from the top flight.
9.00 **Premier League Stories**
9.30 **Match Officials Mic'd Up**
10.00 **Netbusters** Fast-paced highlights using alternative angles.
10.30 **Premier League Unpacked: Thomas Frank**
10.45 **Premier League Ranks: Gio Vicario**
11.00 **Premier League Years** Clips from the 2008/09 season.
1.00 AM **PL Retro** Portsmouth v Southampton from 2005.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Cup Retro**
8.00 **Old Firm Derby Best Goals**
8.30 **Edinburgh Derby Best Goals**
9.00 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **EFL Cup Highlights**
11.30 **EFL Trophy Football**
12.00 NOON **WSL** Highlights.
12.30 PM **SPFL Round-Up**
12.45 **SPFL Highlights**
1.00 **EFL Highlights** Championship.
2.00 **Bundesliga Highlights Show**
2.15 **EFL Highlights**
3.00 **EFL League One Goals**
3.30 **EFL League Two Goals**
4.00 **EFL Highlights**
5.00 **EFL Greatest Games**
6.00 **EFL Highlights** Championship.
6.30 **WSL** Recent highlights.
7.30 **EFL Highlights**
8.00 **EFL League One Goals**
8.30 **EFL League Two Goals**
9.00 **EFL Highlights** Championship.
11.00 **EFL Greatest Games**
12.00 M'T **Championship Retro**
2.00 AM **Henrik Larsson: 20 Years On** An interview.
3.00 **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.00 **Old Firm Derby Best Goals**
5.30 **to 6.00** AM **Edinburgh Derby Best Goals**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **ICC Women's World Cup**
10.00 **LIVE ICC Women's World Cup Australia v Pakistan.** Coverage of the group match from R. Premadasa Stadium, Colombo, as the holders play their third group game of this year's tournament. Australia have played in all 12 previous World Cups since the first in 1973, a competition that they finished runners-up in. Pakistan are playing in their sixth World Cup and have never reached the semi-finals before, something they'll be aiming to do this year.
5.45 PM **ICC Women's World Cup 2017** England v India.
6.30 **ICC Women's World Cup** Action from England v Bangladesh. **7.30** New Zealand v South Africa. **8.30** Australia v Pakistan.
9.30 **ICC Women's World Cup 2017** Highlights of England v Australia.
10.00 **ICC Women's World Cup** Action from England v Bangladesh. **11.00** Australia v Pakistan.
12.00 M'T **ICC Women's World Cup** New Zealand v South Africa.
1.00 **to 6.00** AM **ICC Women's World Cup**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **Ladies European Tour Golf**
9.00 **Rose Ladies Series**
12.00 NOON **LPGA Tour Golf**
3.00 PM **LPGA Tour Golf**
5.00 **Rose Ladies Series**
6.00 **PGA Tour Champions**
7.00 **PGA Tour: The Cut**
7.30 **Tour Golf Highlights**
8.00 **PGA Tour Golf** The Sanderson Farms Championship fourth day.
9.00 **DP World Tour Golf** Alfred Dunhill Links Championship.
9.30 **Tour Golf Highlights**
10.00 **Legends Tour Golf**
11.00 **PGA Tour: The Cut**
11.30 **Tour Golf Highlights**
12.00 M'T **PGA Tour Champions**
1.00 AM **DP World Tour Golf**
2.00 **PGA Tour Golf** Highlights.
3.00 **Golf Academy** Full swing tips.
4.00 **to 6.00** AM **LIVE PGA Tour Golf** Coverage of the first day of the Baycurrent Classic held at Yokohama Country Club in Japan.

Sky Sports Tennis

408 408 537 520 425 445

5.30 AM **LIVE WTA & ATP Tennis** The ATP Shanghai Masters and the WTA Wuhan Open staged at Qizhong Forest Sports City Arena and Optics Valley International Tennis Center respectively.
4.00 PM **WTA Tennis** Beijing Open.
4.30 **US Open Tennis** Singles finals.
5.00 **WTA Tennis** Beijing Open final.
6.00 **WTA & ATP Tennis**
10.00 **ATP Tour This Week**
10.30 **WTA & ATP Tennis**
3.00 AM **Bitesize Tennis**
3.15 **ATP Tennis** Doha Open final.
3.30 **ATP Tour This Week**
4.00 **to 6.00** AM **LIVE WTA Tennis** Coverage of day four of the WTA Wuhan Open staged at Optics Valley International Tennis Center.

TNT Sports 1

410 413 521 408 430

6.00 AM **SailGP Highlights**
7.00 **Premier League Netbusters**
7.30 **LIVE Snooker Xi'an Grand Prix** Coverage of the second round of the tournament at Qujiang Sports Complex in China.
10.30 **UEFA Champions League Magazine** News and updates.
11.00 **SailGP Highlights**
12.00 NOON **LIVE Snooker Xi'an Grand Prix** Further coverage of the second round of the tournament from Xi'an, China.
3.00 PM **Playing for Our Future**
3.15 **Premier League Reload**
3.30 **Premier League: Big Interview**
4.00 **Premier League Stories**
4.30 **Premier League** Leeds v Spurs.
6.00 **Premier League Netbusters**
6.30 **MLB Highlights**
7.30 **MLB Lead Off** Baseball preview.
8.00 **LIVE MLB** Coverage of an MLB Postseason match.
11.30 **LIVE MLB** Coverage of an MLB Postseason match.
3.00 AM **MLB Closer** Match reviews.
3.30 **FIM Speedway of Nations**
4.30 **Spirit of Yachting**
5.00 **to 6.00** AM **UEFA Europa League & Conference League Highlights Show**

TNT Sports 2

411 414 522 409 431

6.00 AM **Women's Cycling Pro Series** Binche Chimay Binche.
7.00 **Men's Cycling Pro Series**
9.00 **NWSL** Recent action.
11.00 **Serie A** Recent highlights.
1.00 PM **MotoGP** Action from the Grand Prix of Indonesia.
4.30 **MotoGP Chequered Flag**
5.30 **Spirit of Yachting**
6.00 **TNT Sports Reload**
6.30 **Serie A – Full Impact** Featuring Inter Milan v Cremonese.
7.00 **MotoGP Highlights**
8.00 **FIM Speedway of Nations**
9.00 **British Superbikes Rewind**
9.15 **TNT Sports Meets**
9.30 **UEFA Champions League Magazine** News and updates.
10.00 **LIVE MLB** Coverage of an MLB Postseason fixture.
1.15 AM **UEFA Champions League Goals Reload** Recent strikes.
1.30 **UEFA Europa League Goals Reload** Featuring Celtic v Braga.
1.45 **UEFA Conference League Goals Reload** Recent highlights.
2.00 **LIVE MLB** Coverage of an MLB Postseason match.
5.15 **MLB Classic** Baseball action.
5.45 **to 6.00** AM **British Superbikes Rewind**

Sky Sports NFL

412 410 517 507 426 446

6.00 AM **NFL Highlights**
10.00 **Kansas City Chiefs: The Franchise** Behind the scenes.
10.45 **NFL Bitesize Highlights**
11.00 **NFL Highlights**
12.00 NOON **NFL Bitesize Highlights**
12.15 PM **Kansas City Chiefs: The Franchise** Behind the scenes.
1.00 **Good Morning Football**
3.00 **NFL Highlights** Cleveland Browns v Minnesota Vikings. **4.00** Featuring action from two week five matches.
6.00 **NBC's Pro-Football Talk**
8.00 **NFL Bitesize Highlights** Brief highlights of Cleveland Browns v Minnesota Vikings.
8.15 **Kansas City Chiefs: The Franchise** The Kansas City Chiefs embark on the new season.
9.00 **The Runway** Behind the scenes with the New York Jets during the NFL season.
9.45 **NFL Bitesize Highlights** Kansas City Chiefs v Baltimore Ravens.
10.00 **NFL Highlights** Jacksonville Jaguars v Kansas City Chiefs.
11.00 **NFL Fantasy** Featuring the top NFL fantasy experts and analysts.
12.00 M'T **The Insiders** The latest news covering all 32 NFL teams.
1.00 **to 6.00** AM **NFL Highlights**

Sky Sports Sky Sports+

404 404 518 508 427 447

5.30 AM **LIVE WTA & ATP Tennis** Coverage of the ATP Shanghai Masters and the WTA Wuhan Open staged at Qizhong Forest Sports City Arena and Optics Valley International Tennis Center respectively.
4.00 PM **Sports Desk** Sports news.
5.00 **The Premier League Show**
7.00 **LIVE World Grand Prix Darts** Coverage of the third day from Mattioli Arena in Leicester, featuring second-round matches played over the best of five sets. In the closest match of the third day last year, Ryan Joyce claimed a 3-2 win over Nathan Aspinall. There was also a 3-1 victory for Rob Cross against Martin Schindler, and Luke Humphries lost last year's final game against Belgium's Mike De Decker 4-6.
11.00 **Sky Sports News**
1.00 AM **EFL Cup Retro** A chance to see Chelsea v Tottenham Hotspur in the 2015 final.
3.00 **Sky Sports News**
4.00 **to 6.00** AM **LIVE WTA Tennis** Coverage of the fourth day of the WTA Wuhan Open from Optics Valley International Tennis Center.

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **WTA Tennis** Beijing Open final.
8.00 **ICC Women's World Cup**
10.00 **Formula 1** Singapore Grand Prix.
11.00 **WTA Tennis** Beijing Open final.
12.00 NOON **ATP Tennis** Beijing Open.
1.00 PM **ICC Women's World Cup**
2.00 **PL Greatest Games**
3.00 **Women's Super League**
5.30 **NRLW** The Grand Final.
5.45 **NRL** Highlights of the Grand FInal.
6.00 **WTA Tennis** Beijing Open final.
7.00 **ICC Women's World Cup**
9.00 **Formula 1** Singapore Grand Prix.
10.00 **PGA Tour Champions**
11.00 **PGA Tour Golf** Highlights.
12.00 M'T **PL Greatest Games**
1.00 AM **Darts Features**
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **LIVE LPGA Tour Golf** Coverage of the first day of the Buick LPGA Shanghai staged at Qizhong Garden Golf Club.

TNT Sports 3

413 415 523 410 432

6.00 AM **European Rally Championship Highlights**
6.30 **British Speedway**
7.30 **LIVE Snooker Xi'an Grand Prix** Coverage of the second round of the tournament at Qujiang Sports Complex in China.
10.30 **International T20 Cricket**
11.30 **European Rally Championship**
12.00 NOON **LIVE Snooker Xi'an Grand Prix** Further coverage of the second round of the tournament staged at Qujiang Sports Complex in Xi'an, China.
3.00 PM **FIA Extreme H World Cup**
3.30 **TNT Sports Cricket Reload**
4.00 **International T20 Cricket**
7.00 **Test Cricket Highlights**
9.00 **UFC** Ankalaev v Pereira.
12.00 M'T **WNBA** Game two.
1.00 AM **LIVE WNBA** Coverage of game three of the WNBA finals.
3.30 **Fight Week** UFC 320 review.
4.00 **to 6.00** AM **Snooker Xi'an Grand Prix**

TNT Sports 4

414 416 524 411 434

6.00 AM **UEFA Champions League Highlights Show**
8.00 **UEFA Europa League & Conference League Highlights**
9.00 **UEFA Champions League – Stories of the Finals**
9.30 **British Superbikes Highlights**
10.30 **MotoGP Rewind**
10.45 **Motocross World Championship** Recent action.
1.00 PM **MLB Highlights**
2.00 **Supertri E World Triathlon Championship** In Toulouse.
3.00 **UEFA Europa League & Conference League Highlights**
4.00 **British Superbikes Highlights**
5.00 **British Speedway**
6.00 **SailGP Highlights**
7.00 **Ultimate Pool** Group B of the last 16 of the competition.
8.30 **European Rally Championship Highlights** The Rally Croatia.
9.00 **Snooker Xi'an Grand Prix**
11.00 **The Gallagher PREM**
4.00 **to 6.00** AM **NWSL**

Premier Sports 1

419 551

6.30 AM **NHL: This is Hockey**
7.00 **FIM Sidecarcross**
8.00 **NASCAR Highlights**
9.00 **Scottish Football Social Club**
10.00 **DTM Highlights** In Hockenheim.
11.00 **URC in 60** The second round.
12.00 NOON **Eredivisie Highlights**
1.00 PM **LaLiga Match Highlights**
2.00 **NHL on the Fly** The latest news.
3.00 **Motorsport Highlights**
6.00 **Eredivisie Highlights**
7.00 **URC in 60** The second round.
8.00 **Football Weekly** Highlights.
8.30 **Scottish Football Social Club**
9.30 **LaLiga Match Highlights**
10.00 **Top 14 Rugby Union**
10.30 **Eredivisie Highlights**
11.30 **NHL Tonight** Recent action.
12.30 AM **LIVE NHL Ice Hockey Washington Capitals v Boston Bruins.** Face-off 12.30am.
3.30 **NHL: This is Hockey**
4.00 **Top 14 Rugby Union**
4.30 **Transworld Sport**
5.30 **to 6.00** AM **Motorsport**

Premier Sports 2

420 552

6.00 AM **NASCAR Trucks**
9.00 **Bike World** Magazine.
9.30 **GP Confidential**
10.00 **NHL Ice Hockey** Florida Panthers v Chicago Blackhawks.
12.00 NOON **FastZone** Motorsports.
12.30 PM **Eredivisie** A match replay.
2.30 **LaLiga** Recent action.
6.30 **Football's Greatest**
7.00 **United Rugby Championship**
9.00 **Temples of Sport** Venues.
9.30 **NHL: This is Hockey**
10.00 **NHL Ice Hockey** New York Rangers v Pittsburgh Penguins.
12.00 M'T **LIVE NHL Ice Hockey Toronto Maple Leafs v Montreal Canadiens.** Coverage of the Eastern Conference match staged at Scotiabank Arena. Face-off is at 12.00m't.
3.00 **to 6.00** AM **LIVE NHL Ice Hockey Edmonton Oilers v Calgary Flames.** Coverage of the Western Conference match at Rogers Place. Face-off 3.00am.

Sky Sports F1

407 407 516 506 424 444

6.00 AM **Formula 1** Recent highlights.
12.00 NOON **F1 Academy Highlights**
12.45 PM **Golfing Fun**
12.55 **F1 Explained: Pit Loss**
1.00 **F1 Academy Highlights**
1.45 **Brad Pitt Drives a McLaren**
2.00 **British GT Championship**
4.35 **F1 Features**
5.00 **Formula 1** Season highlights.
7.00 **Ted's Notebook**
7.30 **Formula 1** Singapore Grand Prix.
9.45 **Ted's Notebook**
10.15 **BTS with Aston Martin**
10.30 **Formula 1** Singapore Grand Prix.
11.30 **Ted's Notebook**
12.00 M'T **F1 Academy Highlights**
12.45 AM **Ferrari Monza 1975**
12.50 **The Red Bull Pitstop Team**
1.00 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Thursday

9 October

Evening Planner

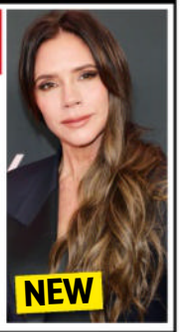
Football

International Friendly: England v Wales
ITV1, k-o 7.45pm
It's the Three Lions versus the Dragons for this friendly fixture held at Wembley.

OnDemand

NETFLIX

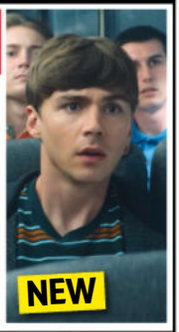
Victoria Beckham
Available today
A profile of the former Spice Girl, lauded fashion designer, and now Lady Beckham.



OnDemand

NETFLIX

Boots
Available today
Coming-of-age comedy drama about a closeted teen who decides to sign up to the US Marine Corps.



OnDemand

discovery+

Celebrity Help! My House Is Haunted
Available today
Electro pop star Gary Numan invites investigators to his Scottish castle.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Dragons' Den		9.00 The Celebrity Traitors		10.00 News; Local News	
	102 BBC2	7.00 Grand Tours of...	7.30 International Football – Live: Scotland v Greece (Kick-off 7.45)					10.00 The Celebrity...	10.30 Newsnight
	103 ITV1	7.00 International Football – Live: England v Wales (Kick-off 7.45)						10.05 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 George Clarke's Homes in the Wild		9.00 Taskmaster		10.00 The Great British Bake Off	
	105 5	7.00 The Taste Test Restaurant		8.00 Yorkshire Great and Small with Dan...		9.00 All Creatures Great and Small		10.00 Cause of Death	
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 A League of Their Own Road Trip...		9.00 Boyzone: No Matter What		10.00 Brassic	
ENTERTAINMENT	115 BBC3	7.00 Horrible Histories		8.00 EastEnders...	8.30 Ghosts	9.00 RuPaul's Drag Race UK		10.10 Dreaming Whilst Black	
	116 BBC4	7.00 Fred Dibnah's Building of Britain		8.00 Film: Butch Cassidy and the Sundance Kid			9.45 Robert Redford...		10.25 Film: All the...
	118 ITV2	7.00 Deal or No Deal		8.00 The 1% Club		9.00 Big Brother		10.00 Big Brother: Late & Live	
	136 MORE4	◂ 6.55 The Dog House Australia	7.55 The Dog House			9.00 Great Estates from Above		10.00 Film: The Shape of Water	
	135 E4	7.00 The Simpsons		8.00 First Dates		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 FBI		10.00 FBI: International	
	108 SKY ATLANTIC	◂ 6.50 Game of Thrones				9.00 The Last of Us			
	110 U&GOLD	7.00 Dad's Army	7.40 dinnerladies			9.00 The Royle Family			10.20 Live at the Apollo
	111 U&DAVE	7.00 Would I Lie to You? At...	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	◂ 6.55 Heartbeat		8.00 Agatha Christie's Poirot					
	120 ITV4	◂ 6.55 The Chase Celebrity Special		8.00 Ice Road Truckers		9.00 Film: The Enforcer			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: The Bad Education Movie			
	139 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate Atlantis		9.00 Grimm		10.00 The Walking Dead: The Ones Who Live	
	113 SKY MAX	7.00 Stargate Universe		8.00 A League of Their Own Road Trip...		9.00 Strike Back: Silent War		10.00 Brassic	
	109 U&ALIBI	7.00 Body of Proof		8.00 Death in Paradise				10.05 Father Brown	
	124 SKY ARTS	7.00 Portrait Artist of the Year		8.00 Discovering: Richard Dreyfuss		9.00 The Directors		10.00 Spike Milligan: The Unseen Archive	
	132 U&W	7.00 MasterChef Australia		8.00 Inside the Ambulance		9.00 Louis Theroux: Life on the Edge			
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers				9.00 Naked And Afraid Apocalypse			
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Alaska: Surviving the Last Frontier		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Inside Melbourne Airport		9.00 Ice Road Rescue		10.00 Life Below Zero: First Alaskans	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Iconic Combat Machines		9.00 Swamp Mysteries with Troy Landry		10.00 Alone	
	155 U&YESTERDAY	7.00 Operation Arctic		8.00 Bangers & Cash: Restoring Classics		9.00 Flipping Bangers		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Kings from Queens: The Run DMC Story		8.00 Black Widow		9.00 Boyzone: No Matter What		10.00 Hitsville: The Making of Motown	
FILMS – Sky Cinema	301 PREMIERE	◂ 6.05 Novocaine		8.00 Bridget Jones: Mad About the Boy				10.05 It Feeds	
	302 HALLOWEEN		7.15 The Damned			9.00 The Exorcist			
	303 HITS	◂ 6.00 Baby Driver		8.00 Man of Steel					10.25 Lawless
	304 GREATS	◂ 6.10 Beverly Hills Cop		8.00 Beverly Hills Cop II			9.50 Beverly Hills Cop 3		
	305 ANIMATION	◂ 5.40 Sing	7.40 Monsters vs Aliens				9.30 Rebellious		
	306 FAMILY	◂ 6.00 The BFG		8.10 Stuart Little			9.50 Stuart Little 2		
	307 ACTION	◂ 6.00 The Huntsman: Winter's War		8.00 Kraven the Hunter				10.15 Godzilla x Kong: The New...	
	308 COMEDY	◂ 5.35 The Holdovers		8.00 You've Got Mail				10.10 Pixels	
	309 THRILLER	◂ 5.50 Sherlock Holmes		8.00 Sherlock Holmes: A Game of Shadows				10.10 Taxi Driver	
	310 DRAMA	◂ 6.15 The Luckiest Man in America		8.00 One Life			9.50 True Grit		
	311 SCIENCE FICTION	◂ 5.55 Terminator Salvation		8.00 Edge of Tomorrow				10.00 Lake Placid	
	313 FILM4	◂ 6.40 Hunter Killer				9.00 A Few Good Men			
SPORT	401 MAIN EVENT	7.00 World Grand Prix Darts – Live: Coverage of day four							
	402 PREMIER LEAGUE	7.00 Big Interview	7.30 PL Stories	8.00 Match Officials...	8.30 Netbusters	9.00 Big Interview	9.30 PL Stories	10.00 Match Officials...	10.30 PL Ranks...
	403 FOOTBALL	7.00 EFL Goals		8.00 SPFL Round-Up	8.30 EFL Highlights				10.30 EFL Goals
	405 CRICKET	◂ 6.30 ICC Women's World Cup					9.30 ICC Women's...	10.00 ICC Women's World Cup	
	410 TNT SPORTS 1	◂ 6.30 Speedway	7.30 British Speedway – Live: Ipswich Witches v Leicester Lions					10.00 MLB: Off the...	10.30 MLB Lead Off...
	411 TNT SPORTS 2	7.00 UEFA Reload	7.30 British Superbikes Highlights		8.30 MotoGP Highlights		9.30 Fight Week	10.00 UFC	

◂ Denotes programmes starting before 7.00pm † Regions vary

THURSDAY

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Thursday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Crimewatch Live** New edition 4/15. The gang who stole a gold toilet from Blenheim Palace. (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Trace, Track, Get My Car Back** New edition 4/16. Trackers follow a car stolen by drug dealers in the streets of Croydon. (S)
2.30 **Amanda & Alan's Italian Job** (R)
3.00 **Escape to the Country** (S)(R)
3.45 **The Repair Shop** (S)(R)(AD)
4.30 **The Inner Circle** New edition (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

8.00 Dragons' Den

7 PM

7.00 **The One Show** Roman Kemp and Alex Jones present the topical show. (S)

7.30 **EastEnders** An incident at Walford High sparks a debate. (S)(AD)
■ *EastEnders Investigates: The Manosphere* follows on BBC2

8 PM

8.00 **Dragons' Den** New edition 11/14. Entrepreneurs hear a prehistoric pitch for educational dinosaurs and meet business partners with nutritional yeast. Joe Wicks returns as a guest dragon. (S)

9 PM

9.00 **The Celebrity Traitors** New edition 2/9. The famous faithful and infamous traitors face the first round table, where emotions run high as players' suspicions are put to the test. (S)
■ *The Celebrity Traitors: Uncloaked* follows on BBC2

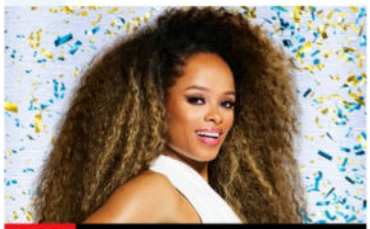
10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Question Time** Fiona Bruce chairs the topical debate from Shrewsbury, inviting a panel of politicians and guests to answer questions from an invited audience on subjects that have made the headlines in the past week. (S)
11.40 **Newscast** (S)
12.10 AM **EastEnders Investigates: The Manosphere** Documentary. (S)(R)
12.40 **The Weakest Link** Romesh Ranganathan hosts as Scott Mills, Rylan, Zoe Ball, Tony Blackburn, Jo Whiley, Trevor Nelson, Michael Ball and Sally Boazman compete. (R)
1.25 **Weather for the Week Ahead** Seven-day forecast. (S)
1.30 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.30 AM **Bargain Hunt** (S)(R)
7.15 **The Repair Shop** (S)(R)(AD)
8.00 **Sign Zone: Gardeners' World** (R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **The Finish Line** Game show. (S)(R)
2.30 **Unbeatable** Quiz show. (S)(R)
3.15 **Great British Menu: The Finals** The regional champions cook their vegan starter courses. (S)(R)
4.15 **Animals with Cameras** (S)(R)(AD)
5.15 **Flog It!** Penrhyn Castle. (S)(R)
6.00 **Richard Osman's House of Games** New edition Yinka Bokinni, Ellie Leach, Vicki Michelle and Peter Serafinowicz take part. (S)
6.30 **Strictly: It Takes Two** New edition Fleur East presents behind-the-scenes action ahead of Movie Week. (S)



6.30 Strictly: It Takes Two

7.00 **Grand Tours of Scotland's Rivers** Paul Murton explores the upper reaches of the river Spey. (S)(R)

7.30 **LIVE Football: World Cup Qualifier** Scotland v Greece: Coverage of the Group C qualifying match at Hampden Park. Scotland got their campaign off to a good start with a goalless draw away to group favourites Denmark and 2-0 win in Belarus, while the Greeks thrashed the Belarusians 5-1 at home, but then suffered a disappointing 3-0 loss when entertaining the Danes. Kick-off is at 7.45. (S)

10.00 **The Celebrity Traitors: Uncloaked** New edition 2/9. Ed Gamble is joined by banished and murdered celebrity players. (S)
10.30 **Newsnight** (S)
11.00 **Secrets of the Brain** 2/2. Jim Al-Khalili investigates how the human brain differs from AI. (S)(R)
12.00 M'T **FILM Belfast** Drama starring Jamie Dornan and Judi Dench. (S)(AD) (2021, 12, 95min) ★★★★
1.35 AM **Sign Zone: King & Conqueror** 8/8. Period drama. (S1) (S)(R)(AD)
2.30 **Sign Zone: How Are You? It's Alan (Partridge)** 1/6. (S1) (S)(R)
3.00 **Sign Zone: Banned in the 80s – Moments That Shook Music** (R)
4.00 **to 6.30** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** Topical debate from a female perspective. (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** David Dickinson sets up shop in Oldham, with his dealers Tracy Thackray-Howitt, Jan Keyne, James Layte and Simon Schneider. (S)(R)(AD)
3.00 **Tenable** Warwick Davis hosts as a family team of five members take part in the quiz show. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

5.00 The Chase

7.00 **LIVE International Football** England v Wales: Mark Pougatch presents coverage of the friendly at Wembley Stadium. This is the first meeting between the sides since a 3-0 win for England in the 2022 World Cup in Qatar, and they will be full of confidence after producing their finest performance of the Thomas Tuchel era last time out with an emphatic 5-0 World Cup qualifying win over Serbia. Wales kept their own qualification hopes alive with a vital 1-0 win in Kazakhstan, as head coach Craig Bellamy continues to make a strong impression since taking the role in 2024. With analysis from Roy Keane, Ian Wright and Chris Coleman. Kick-off is at 7.45. (S)

10.05 **ITV News** (S)
10.35 **Local News** (S)
10.50 **FILM Batman Begins** Dark comic-book thriller starring Christian Bale, Liam Neeson, Cillian Murphy, Michael Caine and Morgan Freeman. Young billionaire Bruce Wayne creates a formidable alter-ego to strike fear into the crooks and thugs of crime-riddled Gotham City. (S)(AD) (2005, 12, 135min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
1.05 AM **Shop on TV**
3.00 **Genius Game** The players face their first team game. (S)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **M&S: Dress the Nation** (S)(SL)(R)(AD)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.30 AM **The King of Queens** (S)(R)(AD)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 21-24/24. (S6) (S)(R)(AD)
11.10 **Undercover Boss USA** (S)(R)
12.05 PM **News** (S)
12.10 **A New Life in the Sun** (S)(R)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **Help! We Bought a Village** New edition A church organ gets a makeover in Transylvania. (S)
5.00 **Four in a Bed** New edition The guests stay at Beach Suites in Southport for the final visit. (S)
5.30 **Come Dine with Me** The fourth soirée in and around Bristol. (S)(R)
6.00 **Sun, Sea and Selling Houses** Andrew and Shani Hamilton help Sally and Andrew find their dream home in Malaga. (S)(R)

8.00 Homes in the Wild

7.00 **News** (S)

8.00 **George Clarke's Homes in the Wild** New edition 2/6. George visits Rakino Island off New Zealand. With fewer than 30 full-time residents and no amenities, its community thrives on connection and co-operation. (S)(AD)

9.00 **Taskmaster** New edition 5/10. A livid Maisie Adam objects to Alex Horne's actions in a task involving an obstacle course, and Ania Magliano asks a stranger about their marital status. (S)(AD)

10.00 **The Great British Bake Off** 8/12. Pastry Week sees the bakers making savoury plaits in the signature challenge, before attempting a traditional gala pie in the technical and an intricately sculpted tart showstopper. (S)(R)
11.20 **Gogglebox** (S)(SL)(R)(AD)
12.20 AM **Big Fat Quiz: Best Bits** (S)(R)
1.15 **Ramsay's Kitchen Nightmares USA** The chef helps the owners of Jack's Waterfront, Michigan. (S)(R)
2.05 **FILM PREMIERE In Flames** Horror starring Ramesha Nawal. (S) (2024, 15, 100min) ★★
3.45 **Find It, Fix It, Flog It** (S)(R)
4.00 **Location, Location, Location** (R)
4.55 **George Clarke's Amazing Spaces**
5.50 **to 6.30** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.30 PM **Vanessa** (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 FILM PREMIERE **Forever Mine?** Thriller starring Leigha Sinnott and Sam Bullington. (S) (2024, PG, 87min) ★★
4.00 **The Cruise: Fun-Loving Brits at Sea** New edition The *Ambition* cruisers arrive at the port city of Vigo. (S)
5.00 **News** (S)
6.00 **Portugal with Michael Portillo** Michael explores the subtropical island of Madeira, more than 500 miles off the coast of the Algarve. (S)(R)
6.55 **News** (S)

7.00 The Taste Test Restaurant

7.00 NEW SERIES **The Taste Test Restaurant** Tom Read Wilson finds out what the nation really thinks of supermarket food, beginning by inviting diners to sample Italian dishes. (S)
7.55 **News** (S)
8.00 **Yorkshire Great and Small with Dan and Helen** New edition Helen Skelton and Dan Walker head to the East Yorkshire coast, for a walk that takes them from Flamborough Head to the wild beauty of Spurn Point. (S)
9.00 **All Creatures Great and Small** New episode *Captain Farnon?* 3/7. Tristan is keen to go for a drink with Siegfried, but finds himself right at the bottom of his priorities. (S6) (S)(AD)
10.00 **Cause of Death** A special edition following senior coroner Dr James Adeley as he investigates the deaths of four pedestrians in road traffic collisions in very similar circumstances. (S)(R)
11.35 **Surgeons: A Matter of Life or Death** Documentary. (S)(R)
12.35 AM **Car Pound Cops** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Friends** (S3) (S)(R)
3.50 **The Palace: What the Royal Servants Saw** (S)(R)
4.40 **Paul Martin's Antiques Showdown** (S)(SL)(R)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Universe** (S)(R)(AD)
11.00 **Ireland's Wild Islands with Eoin Warner** (S)(R)
12.00 NOON **The Simpsons** (S)(R)
1.00 PM **Hawaii Five-0** (S4) (S)(R)
3.00 **S.W.A.T.** 3/22. (S1) (S)(R)(AD)
4.00 **NCIS: New Orleans** (S7) (S)(R)
5.00 **The Simpsons** *Catch 'Em If You Can:* Marge and Homer go on a second honeymoon. (S)(R) **5.30** *Treehouse of Horror:* Bart and Lisa frighten their family with tales of terror. (S)(R)
6.00 **The Office (US)** 16/19. Michael tries to change Stanley's attitude after being snapped at. (S)(R) **6.30** 17/19. Michael sets up a stall at a job fair to hire a summer intern. (S4) (S)(R)

10.00 Brassic

7.00 **The Simpsons** *Simple Simpson:* Homer becomes a masked vigilante and takes revenge on some local wrongdoers. (S)(R) **7.30** *Treehouse of Horror II:* Bart, Homer and Lisa suffer from nightmares. (S)(R)
8.00 **A League of Their Own Road Trip: Southeast Asia** 3/6. Jamie Redknapp and Micah Richards take on more challenges, and are joined by guests Maisie Adam and Mo Gilligan. (S)(R)(AD)
9.00 **Boyzone: No Matter What** 3/3. The documentary charts the band's split which came to an end when Mikey proposed a reunion. The comeback proved a huge hit – but then tragedy struck. (S)(R)(AD)
10.00 **Brassic** New episode *Skool Reunion:* 3/6. Ronnie encounters his old bully at a school reunion and dreams of revenge, while Vinnie accompanies Davey to a peace meeting with Joey Kittens. (S7) (AD)
11.00 **Never Mind the Buzzcocks** With Bez, Clint Boon, Patsy Kensit and Danny Goffey. (S)(R)
12.00 M'T **Curb Your Enthusiasm** 5&6/10. Double bill. (S5) (S)(R)
1.10 AM **The Force: Manchester** (R)
2.05 **Road Wars** (S)(R)
3.00 **S.W.A.T.** 3/22. (S1) (S)(R)(AD)
4.00 **NCIS: New Orleans** (S7) (S)(R)
5.00 **to 6.00** AM **Brit Cops: Law & Disorder** (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
11.30am The Travelling Auctioneers (S)(R) **12.00noon-1.00pm** First Minister's Questions (S) **12.10** Scotcast (S)(R) **12.40** EastEnders Investigates: The Manosphere (S)(R)(AD) **1.10** The Weakest Link (S)(R) **1.55** Weather for the Week Ahead (S) **2.00-6.00am** BBC News (S)

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
6.55-7.00pm Party Political Broadcast (S) **10.40** The View (S) **11.20** Question Time (S) **12.20am** Newscast (S) **12.50** EastEnders Investigates: The Manosphere (S)(R)(AD) **1.20-6.00am** BBC News (S)

WALES
Sky **965**, Virgin **864**, Freesat **965**
No variations

BBC2

N. IRELAND
Sky **969**, Freesat **969**
No variations

WALES
Sky **968**, Freesat **968**
7.00-7.30pm Scrum V: The Warm Up (S)

ITV1

As main ITV1 except:

WALES
10.50pm Face to Face New edition (S) **11.20** Beat the Chasers (S)(R)(AD) **12.15-1.05am** Stories from the Strike (S)(R)

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Cymry ar Gynfas **12.30** Heno **1.00** Gerddi Cymru **1.30** Gerddi Cymru **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Priodas Pum Mil **4.00** Awr Fawr **5.00** Stwnsh **6.00** Clwb Rygbi **6.30** Rownd a Rownd New episode (AD) **7.00** Newyddion a'r Tywydd **7.20** LIVE Sgorio Rhyngwladol **10.00** Y Byd yn ei Le New edition **10.45** Arfordir Cymru: Môn **11.15-11.45pm** GISDA: Drws I'r Digartre (AD)

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Horrible Histories**
7.55 **The Catch Up**
8.00 NEW **EastEnders Investigates: The Manosphere** Investigation into the issues of misogyny and toxic masculinity.
8.30 **Ghosts** Mike and Alison receive life-changing news.
9.00 **RuPaul's Drag Race UK** New edition 3/10. The queens take on the Girl Group challenge.
10.10 NEW SERIES **Dreaming Whilst Black** Kwabena looks for his first directing job. **10.40** New edition Kwabena's break comes with *Sin and Subterfuge*. **11.10** Kwabena finds himself working with his hero. ■ Entire series on BBC iPlayer
11.40 FILM **The Turning** Gothic horror starring Mackenzie Davis and Finn Wolfhard. (2020, 15, 94min) ★★
1.10 AM **Tommy: The Good. The Bad. The Fury**
2.40 **Press X to Continue**
2.50 **to 4.00** AM **RuPaul's Drag Race UK**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Fred Dibnah's Building of Britain** 1/6. A look at some Norman engineering techniques. **7.30** 2/6. Fred explores the castles of north Wales.
8.00 FILM **Butch Cassidy and the Sundance Kid** Western comedy adventure starring Paul Newman and Robert Redford as a pair of audacious outlaws. With Katharine Ross. (1969, PG, 112min) ★★★★★
9.45 **Robert Redford: Talking Pictures** An insight into the life of the actor.
10.25 FILM **All the President's Men** Fact-based political thriller starring Robert Redford and Dustin Hoffman as the journalists who uncovered the political scandal which brought down US President Richard Nixon. (1976, 15, 138min) ★★★★★
12.40 AM **Rachel's Farm**
2.05 **Robert Redford: Talking Pictures** As 9.45pm.
2.45 **to 3.45** AM **Fred Dibnah's Building of Britain**

MORE4

136/137 127 147 18 124 15

8.55 AM **A New Life in the Sun**
11.00 **Chateau DIY** Double bill.
1.05 PM **Four in a Bed**
3.50 **Car S.O.S** Tim Shaw and Fuzz Townshend restore a 1997 Peugeot 106 Rallye. **4.50** Tim and Fuzz work on a 1972 Renault Alpine A110.
5.50 **Escape to the Chateau** Dick Strawbridge and Angel Adoree have a few weeks to prepare for their wedding.
6.55 **The Dog House Australia** Two flatmates struggle to choose a pup to take home.
7.55 **The Dog House** Dafne the sausage dog is not sold on papillon-cross Woody's moves to impress her.
9.00 NEW SERIES **Great Estates from Above** 1/4. Using cutting-edge drone and aerial photography to reveal Britain's historic properties from a new perspective, beginning with Blenheim Palace in Oxfordshire.
10.00 FILM **The Shape of Water** Guillermo del Toro's Oscar and BAFTA-winning fantasy starring Sally Hawkins, Michael Shannon, Octavia Spencer and Doug Jones. A mute cleaning lady makes a life-changing discovery while working at a government lab in the 1960s. (2017, 15, 123min) ★★★★★
12.35 AM **24 Hours in A&E**
2.40 **to 3.50** AM **Emergency Helicopter Medics**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Modern Family**
6.55 **Ramsay's Kitchen Nightmares USA**
7.50 **Married at First Sight UK**
9.00 **The Simpsons**
10.00 **The Big Bang Theory**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** (S8&9)
1.55 PM **Brooklyn Nine-Nine**
2.55 **The Simpsons**
4.00 **Married at First Sight UK**
5.05 **The Big Bang Theory**
6.00 **The Simpsons**
7.00 **The Simpsons** *Wedding for Disaster:* Homer and Marge get married again. **7.30** *Opposites A-frack:* Mr Burns launches a fracking operation.
8.00 **First Dates** A 25-year-old graduate is paired with a rom-com-loving Yorkshire lad.
9.00 **Gogglebox** The armchair critics share their opinions on *Strictly Come Dancing*. **10.00** Opinions on Andrew Marr's interview with Keir Starmer and *Serengeti II*.
11.05 **Open House: The Great Sex Experiment**
12.10 AM **The Simpsons**
1.10 **Rick and Morty**
1.45 **Robot Chicken: DC Comics** New episode
2.15 **Below Deck Sailing Yacht**
3.05 **The Big Bang Theory**
3.50 **Modern Family**
4.40 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hr 235/236 306 30 123 256

Thursday primetime primetime

THURSDAY Entertainment

Thursday

Sky Witness

107 107 110 341 356

6.00 AM **Motorway Patrol**
7.00 **Border Security: Canada's Front Line** Double bill.
8.00 **Border Patrol**
9.00 **Nothing to Declare**
9.30 **Border Security USA**
10.30 **Caught Red Handed**
12.00 NOON **Customs UK**
2.00 PM **Stop, Search, Seize** Documentary following the work of Ireland's border force.
3.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.
4.00 **Nothing to Declare**

9.00 FBI

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **Caught on Dashcam** Road disasters and highway hijinks, captured in video via people's dashboard cameras.

9 PM
9.00 **FBI** New episode *Redoubt:* 10/22. Jubal's CI brings intel of an impending large-scale terror attack. (S7)

10 PM
10.00 **FBI: International** New episode *Keep Calm and Deliver the Biotoxin:* 10/22. A biochemist is assassinated. (S4)
11.00 **Law & Order: Special Victims Unit** 1/22. (S26)
12.00 M'T **The Equalizer** 5/10. (S4)
1.00 AM **The Rookie: Feds** (S1)
2.00 **Law & Order: Special Victims Unit** 10&11/13. (S25)
4.00 **Nothing to Declare**
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Miami's South Beach.
7.00 **Urban Secrets**
8.00 **Boardwalk Empire** (S3)
10.10 **Scenes from a Marriage** (S1)
11.15 **Homicide: Life on the Street**
12.20 PM **Game of Thrones** (S4)
1.25 **My Brilliant Friend** 8/8. (S1)
2.35 **Boardwalk Empire** (S3)
4.45 **Homicide: Life on the Street** 3/22. A prison riot breaks out.
5.45 4/22. Lewis tackles a drug-related homicide. (S5)
6.50 **Game of Thrones** 2/10. Bran continues to train. (S6)

10.05 The Last of Us

7.55 **Game of Thrones** *Oathbreaker:* 3/10. Tommen confronts the High Sparrow, and Arya continues her training, while Daenerys meets her future. (S6)

9.00 **The Last of Us** *The Path:* 3/7. Dina shares crucial intelligence information, and Ellie prepares to petition the town council.

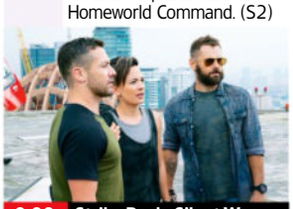
10.05 **The Last of Us** *Day One:* 4/7. Ellie and Dina find themselves amid a battle between the Seraphites and a ruthless militia. (S2)
11.10 **The Sopranos** 7/13. (S4)
12.10 AM **Dexter: New Blood** 9/10. Dexter and Harrison find themselves closer than ever over Christmas break. (S1)
1.15 **Banshee** 8/10. (S1)
2.10 **Game of Thrones** (S6)
4.20 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S4)
8.00 **The Flash** 14/20. (S8)
9.00 **Stargate Universe** (S2)
11.00 **SEAL Team** 11/16. (S4)
12.00 NOON **The Flash** 15/20. (S8)
1.00 PM **Hawaii Five-0** (S4)
3.00 **S.W.A.T.** 3/22. (S1)
4.00 **NCIS: New Orleans** 5/16. The team investigate a death. (S7)
5.00 **SEAL Team** 10/16. Jason's career and freedom hang in the balance. (S4)
6.00 **Stargate Universe** 13/20. An alien ship crashes into Homeworld Command. (S2)



9.00 Strike Back: Silent War

7.00 **Stargate Universe** *Hope:* 14/20. The crew take shifts in the hope of contacting Homeworld Command. (S2)

8.00 **A League of Their Own Road Trip: Southeast Asia** Jamie Redknapp and Micah Richards take on more challenges.

9.00 **Strike Back: Silent War** 1/10. Section 20 is reactivated and sent to investigate when a nuclear bomber vanishes. (S7)

10.00 **Brassic** New episode *Skool Reunion:* 3/6. Vinnie accompanies Davey to a peace meeting with Joey Kittens. (S7)
11.00 **Never Mind the Buzzcocks**
12.00 M'T **From** 8/10. (S1)
1.00 AM **The Force: Manchester**
2.00 **Peacemaker** Series finale 8/8. Superhero comedy starring John Cena. (S2)
3.00 **S.W.A.T.** 3/22. (S1)
4.00 **NCIS: New Orleans** (S7)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
8.40 **Billie and Greg**
9.35 **The Only Way Is Essex**
10.20 **Real Housewives of Potomac**
11.10 **Real Housewives of New...**
12.05 PM **Dinner Date**
1.05 **Billie and Greg**
2.05 **The Only Way Is Essex**
3.05 **Real Housewives of Cheshire**
4.05 **The Real Housewives of Potomac** New edition
5.00 **Real Housewives of New Jersey** Reality series.
6.00 **Celebrity Catchphrase**

11.35 Universal Basic Guys

7.00 **Deal or No Deal** Paisley steps up to play her game – as she opens more of the iconic red boxes in the hope of winning big.

8.00 **The 1% Club** Quiz show hosted by Lee Mack in which the questions are all about logic and common sense.

9.00 **Big Brother** New edition Housemates live under 24-hour surveillance as they attempt to avoid eviction from the house.

10.00 **Big Brother: Late & Live** New edition AJ Odudu and Will Best present the companion show in front of a live studio audience.
11.05 **Family Guy** 14/18. (S13)
11.35 **Universal Basic Guys** New episode 12/13. (S1)
12.05 AM **Family Guy** 7/18. (S13)
12.35 **American Dad!** (S15)
1.35 **Extraordinary** 4/8. (S2)
2.15 **Transaction** 4/6. (S1)
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **The Royal**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.05 **Doc Martin** 1/8. (S7)
10.10 **The Royal**
11.15 **Heartbeat** Double bill.
1.20 PM **Classic Emmerdale**
2.25 **Classic Coronation Street**
3.30 **Downton Abbey** 7/9. (S2)
4.45 **Doc Martin** 2/8. Louisa has to find a new babysitter. (S7)
5.50 **Heartbeat** *Sylvia's Mother:* An elderly patient's death arouses some suspicion.

4.45 Doc Martin

6.55 **Heartbeat** *Safe House:* Lives are put on the line as Mike and Jackie get orders to provide refuge for a police informant.

8.00 **Agatha Christie's Poirot** *Cards on the Table:* One of London's wealthiest men invites Poirot to a bridge evening where the guests include crime writer Ariadne Oliver – and the host ends up dead. Guest stars Zoe Wanamaker.

10.00 **Agatha Christie's Poirot** *Taken at the Flood:* A millionaire's wife is widowed for the second time, arousing the suspicions of his impoverished relatives.
11.55 **Wire in the Blood** 2/4. One of Tony's PhD students is suspected of carrying out three murders, but appears to have a cast-iron alibi. (S3)
1.40 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 LIVE **International Football** Scotland v Greece: Coverage of the FIFA World Cup Group C qualifier staged at Hampden Park. Kick-off is at 7.45pm.
10.15 **Icons of Football** A profile of former striker Joe Jordan, who earned a reputation as one of football's hard men.
10.30 **Scotland's Greatest Escape** Judith Ralston and Grado head to Dumfries & Galloway, sampling a treehouse, glamping domes and an Edwardian castle.
11.00 **Scotcast** New edition Discussion on Scotland's biggest news stories.
11.30 PM **to 12.00** M'T **Scot Squad** 4/6. Miekelson reassesses the force's training policy. (S5)

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S4)
9.00 **The Conners** (S1)
10.00 **Sex and the City** (S1)
11.10 **Girls** 1&2/10. (S6)
12.40 PM **The Office (US)**
1.40 **The Conners** (S1)
2.40 **The Office (US)** (S4)
3.40 **Will & Grace** (S4)
4.40 **Sex and the City** (S1)
5.45 **The Office (US)** (S4)
6.45 **Will & Grace** (S4)
7.45 **Sex and the City** 6/12. Carrie suspects Big is ashamed of her.
8.25 7/12. Carrie considers monogamous relationships. (S1)
9.00 **Chris Rock: Kill the Messenger**
10.30 **And Just Like That...** *Happily Ever After:* 8/12. Carrie attempts to work with Duncan. (S3)
11.10 **Entourage** (S7)
12.20 AM **Girls** 4&5/12. (S3)
1.35 **Veep** 2&3/10. (S4)
2.40 **Curb Your Enthusiasm**
4.20 **to 5.00** AM **Silicon Valley**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Cirque du Soleil: Volta** Extreme sports.
8.00 **Artist of the Year: Masterclass**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Punchdrunk: Behind the Mask**
3.00 **Musical Masterpieces**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Portrait Artist of the Year** With Si King.
8.00 **Discovering**
9.00 **The Directors**
10.00 **Spike Milligan: The Unseen Archive**
11.35 **AC/DC Live at River Plate** From 2009.
1.55 AM **The Art of Film**
2.55 **Klimt and The Kiss**
4.10 **Inside Art**
5.00 **to 6.00** AM **The Art of the Garden**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: Canada's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: Canada's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Stargate Atlantis** (S1)
5.00 **Stargate SG-1** (S8)
6.00 **Star Trek: Voyager**
7.00 **Star Trek: The Next Generation** (S3)
8.00 **Star Trek: Deep Space Nine** 2/26. (S5)
9.00 **Killer in My Village** The investigation into Joy Boulton's murder.
10.00 **The Real Manhunter**
11.00 **Grimm** 20/22. (S1)
12.00 M'T **Warehouse 13** (S1)
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: Frontline Crime UK** Documentary.
3.00 **The Force: North East**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Quiz show.
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Tenable**
3.00 **Beat the Chasers**
4.00 **Tenable**
5.00 **Deal or No Deal**
7.00 **Lingo** Mother and daughter Amanda and Emily, and brothers Martyn and Stuart take on the champions.
8.00 Mother and daughter Sue and Dani, and cousins Millie and Jess take on the reigning champions.
9.00 **Ant & Dec's Limitless Win** Married couple Paul and Ellie continue their game, before Denis and his daughter Becca take on the never-ending money ladder.
10.00 **Tipping Point** Triple bill of the quiz show hosted by Ben Shephard.
12.50 AM **Ant & Dec's Limitless Win**
1.45 **to 2.00** AM **Unwind**

Great! TV

157 167 170 34 32

8.00 AM **Diagnosis Murder**
10.00 **Little House on the Prairie** 11&12/24. (S6)
12.00 NOON **Highway to Heaven** 17/25. (S3)
1.00 PM **Diagnosis Murder**
3.00 **Murder, She Wrote**
4.00 **Born and Bred** (S1)
5.10 **Down to Earth** (S1)
6.20 **A Fine Romance** (S4)
6.50 **Dear John** 4/7. (S1)
7.25 **Home to Roost** (S4)
7.55 **The Fall and Rise of Reginald Perrin** (S1)
8.30 **Rising Damp** 4/6. (S4)
9.00 FILM **Carry On Spying** (1964, U) ★★★★
11.00 **Rising Damp** 4/6. (S4)
11.30 **Man About the House**
12.00 M'T **M*A*S*H** (S2)
1.00 AM **Dear John** 4/7. (S1)
1.35 **The Fall and Rise of...**
2.10 **Home to Roost** (S4)
2.35 **A Fine Romance** (S4)
3.00 **Born and Bred** (S1)
4.00 **to 4.50** AM **Highway to Heaven**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Best of the 90s**
6.10 **The Saint**
7.15 **Kojak**
9.20 **Magnum, PI**
11.20 **Robin of Sherwood**
12.25 PM **Kojak**
1.30 **Made in Britain**
2.00 LIVE **FIA Extreme H World Cup** Coverage of day one.
3.00 **The Best of the 70s**
3.15 **River Monsters**
3.50 **Magnum, PI**
4.50 **The Saint**
5.55 **American Pickers**

6.55 The Chase Celebrity

6.55 The Chase Celebrity Special Danny John-Jules, Yinka Bokinni, Tom Bosworth and Eamonn Holmes play for charity.

8.00 Ice Road Truckers Todd White faces a ban for speeding, and Drew abandons his load when the power on his rig fails.

9.00 FILM **The Enforcer** Violent action thriller starring Clint Eastwood as San Francisco cop Harry Callahan, trying to track down a gang of homicidal young hoodlums with the help of a new female partner. With Tyne Daly. (1976, 18, 95min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **Ligue 1 Highlights**
11.35 FILM **Game of Death** Thriller starring Wesley Snipes. A CIA agent becomes a bodyguard. (2010, 15, 93min) ★★
1.25 AM **BattleBots**
2.25 **The Protectors**
2.55 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 9/22. (S2)
12.00 NOON **Star Trek: Enterprise**
1.00 PM **Star Trek: Deep Space Nine** 23/26. (S2)
2.00 **Warehouse 13** 1&2/13. (S3)
4.00 **Star Trek: The Next Generation** 9/22. (S2)
5.00 **Stargate Atlantis** 7/20. (S5)
6.00 **Star Trek: Enterprise** 1/26. Part two of two. The Vulcans demand an end to Earth's space programme. (S2)

4.00 Star Trek: Next Generation

7.00 Star Trek: Deep Space Nine *Crossover:* 23/26. Kira and Bashir find themselves in an alternate universe. (S2)

8.00 Stargate Atlantis *Whispers:* 7/20. News arrives that Major Anna Teldy and her team have made a discovery. (S5)

9.00 Grimm *Tarantella:* 11/22. Nick and Hank hunt for a spider creature that devours the organs of men to survive. (S1)

10.00 The Walking Dead: The Ones Who Live *What We:* 4/6. Rick wants to finish Okafor's mission to reform the CRM. (S1)

11.00 **Chucky** 1/8. Jake, Devon and Lexy begin receiving mysterious, threatening calls. **12.00** M'T 2/8. The doll makes an appearance at the Three Amigos' school. (S2)
1.00 AM **Warehouse 13** (S3)
3.00 **Westworld** 8/8. (S4)
4.00 **Chucky** 8/8. (S1)
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S15)
9.00 **Father Brown**
10.00 **The Mentalist** 11/24. (S3)
11.00 **Hudson & Rex** 3/16. (S1)
12.00 NOON **Body of Proof** (S2)
1.00 PM **Death in Paradise** (S10)
2.00 **Murdoch Mysteries** (S15)
4.00 **The Mentalist** 11/24. A journalist is found dead at a martial arts contest. (S3)
5.00 **Hudson & Rex** 3/16. When a woman is found comatose in a graveyard, Charlie and Rex find a connection. (S1)
6.00 **Father Brown** As 11.05pm.

10.05 Father Brown

7.00 Body of Proof *Mind Games:* 20/20. A case raises doubts over the guilt of a man Megan helped convict. (S2)

8.00 Death in Paradise *Chain Reaction:* 4/9. Neville tries to solve the mysterious death of a nurse from his hospital bed. (S10)

9.00 Death in Paradise *A Dash of Sunshine:* 6/8. Poole investigates the death of a strangled English tourist. (S2)

10.05 Father Brown *The Flower and the Fairway:* A body is discovered in the reeds on a golf course near Kembleford.

11.05 **Father Brown** *The Viper's Tongue:* Mrs McCarthy gets an unwelcome birthday surprise when her life is threatened.
12.05 AM **White Collar** 3/16. (S4)
1.05 **Death in Paradise**
2.05 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.25 AM **Highlights**
8.30 **Last of the Summer Wine**
9.40 **Hi-de-Hi!**
10.20 **Porridge**
11.00 **Last of the Summer Wine**
12.20 PM **Don't Wait Up**
1.00 **The Green Green Grass**
1.40 **Dad's Army**
2.20 **Porridge**
3.00 **Last of the Summer Wine**
4.20 **Don't Wait Up**
5.00 **The Green Green Grass**
5.40 **Hi-de-Hi!**
6.20 **Porridge**

10.20 Live at the Apollo

7.00 Dad's Army The platoon have to share the church hall with the ARP wardens.

7.40 dinnerladies Bren is unable to show the new girl a typical routine on work experience day. **8.20** Tony considers asking Bren to accompany him on a trip to Marbella.

9.00 The Royle Family Dave reveals he's going to build a toy farmyard. **9.40** Denise and Dave enjoy a booze-fuelled night of karaoke at The Feathers.

10.20 Live at the Apollo With Sarah Millican, Joe Lycett and Russell Kane.

11.25 **dinnerladies**
12.40 AM **The Royle Family**
1.55 **Live at the Apollo** Comedy sets by Sarah Millican, Joe Lycett and Russell Kane.
2.55 **dinnerladies**
3.25 **to 4.00** AM **The Royle Family**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Pointless** Quiz show.
8.00 **Special Ops: Crime Squad UK**
10.00 **Extreme Salvage Squad**
12.00 NOON **Storage Hunters UK: Celebrity Special**
1.00 PM **Celebrity Storage Hunters**
2.00 **Extreme Salvage Squad**
3.00 **Top Gear** Double bill.
5.00 **Rick Stein's Road to Mexico** The chef travels through Los Angeles and into San Diego.
6.00 **The Hairy Bikers' Chicken and Egg** Si King and Dave Myers head to Paris to sample chicken the French way.

5.00 Rick Stein's Road to Mexico

7.00 Would I Lie to You? At Christmas With Ruth Jones and Kelly Holmes.

7.40 Richard Osman's House of Games With Olga Koch, Andrew Maxwell and Gareth Thomas. **8.20** With Hugh Fearnley-Whittingstall, Jodie Kidd and Jamali Maddix.

9.00 QI XL Host Stephen Fry is joined by Sue Perkins, Jimmy Carr, Jack Dee and Alan Davies for questions of a gothic nature.

10.00 Have I Got a Bit More News for You Richard Ayoade hosts the satirical news quiz, with Maisie Adam and Justin Webb.

11.00 **Will & Ralf Should Know Better** Supernatural beliefs.
12.00 M'T **Two Pints of Lager and a Packet of Crisps**
1.15 AM **Would I Lie to You? At Christmas** As 7.00pm.
1.55 **to 4.00** AM **Survivor South Africa**

+1 hour 211/212 327 74 259

7 PM 8 PM 9 PM 10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S.**
10.00 **Sun, Sea and Selling Houses** From Spain.
11.00 **Help! We Bought a Village** From Spain.
12.00 NOON **George Clarke's Amazing Spaces**
1.00 PM **A Place in the Sun**
3.00 **Come Dine with Me**
5.30 **Four in a Bed**
6.00 **A Place in the Sun**
7.00 **George Clarke's Amazing Spaces**
8.00 **Location, Location, Location** Homes in London and Surrey.
9.00 **The Great British Bake Off** Pastry Week.
10.20 **Murder in Paradise: The Byron Bay Killings** The disappearances of 67 women in Byron Bay.
12.20 **Social Media Monsters**
1.20 **Gogglebox** TV opinions.
2.20 **Celebrity Gogglebox**
3.25 **Educating Yorkshire**
4.20 **to 4.50** AM **Kirstie and Phil's Love It or List It: Brilliant Builds**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 5-7/24. (S11)
12.00 NOON **Law & Order**
4.00 PM **Law & Order** (S22)
6.00 **NCIS** *Alleged:* 21/24. The team investigate the murder of a Navy officer. **7.00** *Shooter:* 22/24. The team investigate the killing of a photographer. **8.00** *The Admiral's Daughter:* 23/24. DiNozzo is sent to France on a special assignment. (S11)
9.00 **Blue Bloods** *The Forgotten:* 5/22. Danny and Baez investigate the murder of a single mum. **10.00** *Brushed Off:* 6/22. A basketball player is found dead of an apparent overdose. (S8)
11.00 **Law & Order: Special Victims Unit** (S22)
12.50 AM **Law & Order: Special Victims Unit**
2.45 **Person of Interest** (S3)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Shoplifters: Caught Red Handed**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Dogs Behaving Badly**
6.00 **Home and Away**
7.00 **Casualty 24/7: Every Second Counts**
8.00 **GPs: Behind Closed Doors** New edition The work of doctors at a medical practice.
9.00 **A&E After Dark** A man suffering from alcohol withdrawal punches a nurse.
10.00 **Ambulance: Code Red**
11.00 **Skin A&E**
12.00 M'T **Trauma Room One**
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.45 **Police Interceptors**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.10 **Outback Truckers**
10.05 **Trucking Hell**
11.05 **Traffic Cops**
12.05 PM **Police Interceptors**
2.10 FILM **The Hired Hand** Western drama. (1971, 12, 93min) ★★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Officers race to the serious crash of a car and a cyclist.
9.00 **Mud Mountain Haulers** New edition The LeBeau brothers' fleet battle muddy, sinking roads.
10.00 **Outback Truckers**
11.00 **Police Code Zero: Officer Under Attack**
12.00 M'T **MacGyver** (S3)
1.00 AM **999: Criminals Caught on Camera**
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **Nick Knowles' Big House Clearout**
7.00 **Tipping Point**
10.00 **Property Brothers: Forever Homes**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
6.00 **DIY SOS: The Big Build**
7.00 **MasterChef Australia** New edition Judge Andy Allen presents an Everything Mystery Box in order to challenge the contestants.
8.00 **Inside the Ambulance** West Midlands paramedics help a child who has ingested a dangerous liquid.
9.00 **Louis Theroux: Life on the Edge** Double bill.
11.00 **One Born Every Minute** Double bill.
1.00 AM **Interior Design Masters with Alan Carr**
2.15 **to 3.00** AM **Inside the Ambulance**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.35 AM **Soldier, Soldier**
8.30 **Doctors**
9.50 **Classic Holby City**
10.50 **Classic Casualty**
11.55 **The Bill**
1.00 PM **Classic EastEnders**
2.20 **Soldier, Soldier**
3.20 **Monarch of the Glen**
4.20 **London's Burning**
5.25 **The Upper Hand**
6.00 **Terry and June**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Miss Marple** *At Bertram's Hotel:* The amateur sleuth's holiday at London's plush Bertram's Hotel is interrupted by the disappearance of a cleric.
10.00 **New Tricks** *Creative Problem Solving:* Jack investigates a jewel theft.
11.20 **Spooks** 5/8. (S9)
12.40 AM **Lovejoy**
1.40 **The Upper Hand**
2.20 **Terry and June**
2.55 **to 4.00** AM **Harry Wild**

+1 hr 243 316 60 260

Really

142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** Sally Gardner.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
2.00 **Money for Nothing**
3.00 **Antiques Road Trip**
5.00 **The Derbyshire Auction House**
7.00 **Antiques Road Trip**
9.00 **Ghost Adventures: House Calls** New edition The team visit Pomona, California, to assist a veteran who believes a demonic presence has overtaken his American Legion post.
10.00 **My Haunted Hometown** New edition Lingering spirits trapped by unfinished business haunt three locations.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Double bill.
11.00 **The Chase** Quiz show.
12.00 NOON **Who Wants to Be a Millionaire? Celebrity Special**
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill.
4.00 **Who Wants to Be a Millionaire? Celebrity Special** Quiz show.
5.00 **The Bidding Room**
7.00 **The Chase Celebrity Special** With guests Dr Christian Jessen, JB Gill, Helen Lederer and Stephen Hendry.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Classic Who Wants to Be a Millionaire?** Big-money quiz show.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **The Chase**
4.00 AM **The Crystal Maze**
5.00 **to 6.00** AM **Bullseye**

Great! Action

323 319 426 42 33

9.10 AM **Tombstone...**
9.50 **FILM 40 Guns to Apache Pass** Western. (1966, PG, 95min) ★★
12.00 NOON **Tombstone Territory** Double bill.
1.00 PM **FILM The Magnificent Seven Ride!** Western sequel. (1972, PG, 100min) ★★★
3.20 **Wanted: Dead or Alive**
4.00 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The Persuaders!**
7.00 **The Avengers** (S5)
8.00 **The New Avengers**
9.00 **FILM Death Race** Sci-fi adventure. (2008, 15, 105min) ★★★
11.10 **FILM Wild Bill** Western biopic. (1995, 15, 93min) ★★★
1.20 AM **The Avengers**
2.20 **The New Avengers**
3.20 **Cops Uncut**
4.10 **Wild West Chronicles**
5.00 **to 5.50** AM **Air Rescue**

+1hour 324

Great! Mystery

321 318 425 50 48

7.10 AM **FILM Nightmare Neighbourhood Moms** Thriller. (2022, 12) ★★
9.10 **Murder, She Wrote**
10.10 **Unforgettable** (S2)
11.10 **Castle** 15/24. (S2)
12.10 PM **Hailey Dean Mysteries** Drama.
2.05 **FILM Garage Sale Mysteries: A Case of Murder** (2017, PG) ★★
4.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 17/24. (S2)
8.00 **Unforgettable** (S2)
9.00 **FILM Before and After** Drama. (1996, 12) ★★
11.20 **FILM An Emma Fielding Mystery: Past Malice** (2018, PG) ★★
1.15 AM **FILM Web of Lies** Thriller. (2009, 12) ★★
3.00 **FILM Eyewitness** Thriller. (2017, PG) ★★
4.25 **to 5.50** AM **FILM An Organised Killer** (2021)

+1hour 322

Great! Christmas

319 317 424 52 47

8.00 AM **FILM Christmas at Graceland** (2018) ★★
9.55 **FILM A Rose for Christmas** (2017, U) ★★
12.00 NOON **FILM Charming Christmas** Drama. (2015, PG, 85min) ★★
2.00 PM **FILM Christmas Coincidence** Drama. (2018, PG, 85min) ★★
3.55 **FILM A Christmas Reunion** Festive drama. (2015, PG, 90min) ★★
6.00 **FILM A Joyous Christmas** Romance. (2017, U, 90min) ★★
8.00 **FILM Write Before Christmas** Drama. (2019, U, 90min) ★★
9.55 **FILM Spotlight on Christmas** Drama. (2020, PG, 84min) ★★
11.45 **FILM A Perfect Christmas** (2016) ★★
1.45 AM **FILM Falling in Love at Christmas** (2021) ★★
3.25 **to 4.50** AM **FILM Christmas Coincidence**

+1hour 320

Rewind TV

182 81 141

6.00 AM **Highlights**
8.30 **Diff'rent Strokes** (S1)
9.00 **Bubblegum & Cheese**
10.00 **I Dream of Jeannie**
10.30 **Soap** 22/25. (S1)
11.00 **In Loving Memory** (S4)
11.30 **Haggard** 7/7. (S2)
12.00 NOON **Please Sir!** (S4)
12.30 PM **You're Only Young Twice** 7/8. (S2)
1.00 **From Here to Eternity**
3.00 **Bramwell** 7/7. (S1)
4.00 **The Fantastic Journey**
5.00 **A Sharp Intake of Breath** 1/6. (S2)
5.30 **In Loving Memory** (S4)
6.00 **Don't Drink the Water**
6.30 **Soap** 22/25. (S1)
7.00 **Fantasy Island** (S1)
8.00 **Bramwell** 7/7. (S1)
9.00 **Dark Skies** 8/20. (S1)
10.00 **The Fantastic Journey**
11.00 **Brass** 13/13. (S1)
11.30 **Stereo Underground**
12.30 AM **FILM Once Before I Die** (1966, 15) ★★
2.20 **We Had One of Those**
2.30 **to 6.00** AM **Highlights**

DMAX

159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Maine Cabin Masters**
12.00 NOON **Alaskan Bush People** Documentary.
1.00 PM **Expedition Bigfoot**
2.00 **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** On the *Cornelia Marie*, a deckhand narrowly escapes disaster. **8.00** Wild Bill enlists Jake's diver to attempt a risky underwater repair.
9.00 **Expedition X** Phil and Jess travel to Monterrey.
10.00 **Expedition Unknown**
11.00 **Ed Stafford: First Man Out** Documentary.
12.00 M'T **Naked and Afraid: Alone** Documentary.
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **The Hairy Bikers Go West** In Merseyside.
7.00 **Paul Hollywood: City...**
8.00 **The Pioneer Woman**
9.00 **Jamie's Easy Meals...**
10.00 **More Sunday Lunch**
11.00 **Great British Bake Off**
12.30 PM **30 Minute Meals**
1.00 **American Adventure**
2.00 **James Martin: Sweet**
3.00 **Paul Hollywood: City Bakes** Double bill.
4.00 **The Pioneer Woman**
5.00 **Jamie's Easy Meals for Every Day**
6.00 **More Sunday Lunch**
7.00 **Great British Bake Off**
8.30 **30 Minute Meals**
9.00 **NEW SERIES Ravneet Gill's Chop House** **9.30** New edition
10.00 **James Martin's Brittany**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Guy's Grocery Games**

+1hour 240/241 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 19/28. (S1)
9.00 **The Fall Guy** 22/23. (S4)
10.00 **Charlie's Angels** (S2)
11.00 **FILM MacShayne: Winner Takes All** Drama. (1994, PG, 87min) ★★
1.00 PM **FILM MacShayne: Final Roll of the Dice** Crime drama. (1993, PG, 88min) ★★
3.00 **FILM The Legend of Hercules** Adventure. (2014, 12, 97min) ★★
5.00 **Star Trek** 3/26. (S2)
6.00 **Charlie's Angels** (S2)
7.00 **The Fall Guy** 23/23. (S4)
8.00 **Walker, Texas Ranger**
9.00 **FILM London Heist** Thriller. (2016, 15) ★★
10.55 **FILM Criminal** Thriller. (2015, 15, 113min) ★★★
1.05 AM **FILM Backtrace** Thriller. (2018, 15) ★★★
3.00 **to 4.50** AM **FILM The Lawnmower Man 2: Beyond Cyberspace** Sci-fi thriller sequel. (1995, 12, 92min) ★

Legend Xtra

317 316 171 69 138 51

6.00 AM **FILM Night of the Big Heat** As 5.00pm.
8.00 **FILM Eye of the Beast** Monster movie. (2007, 15, 90min) ★★
10.00 **Andromeda** 18/22. (S2)
11.00 **FILM Dark Storm** Thriller. (2006, 15, 89min) ★★
1.00 PM **FILM Apocalypse of Ice** Disaster epic. (2020, PG, 88min) ★★
3.00 **Andromeda** 18/22. (S2)
4.00 **Six Million Dollar Man**
5.00 **FILM Night of the Big Heat** Sci-fi chiller. (1967, 18, 94min) ★
7.00 **Andromeda** 19/22. (S2)
8.00 **Six Million Dollar Man**
9.00 **FILM Maximum Conviction** Thriller starring Steven Seagal. (2012, 15, 93min) ★★
11.00 **FILM Assault on Precinct 13** Cult action thriller. (1976, 15, 90min) ★★★★★
1.00 **to 3.00** AM **FILM Maximum Conviction**

+1hour 318 371 139

Blaze

164 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** Compilation.
6.40 **Junk and Disorderly**
7.35 **Auction Hunters**
8.00 **Flipping Bangers**
8.55 **Hardcore Pawn**
10.15 **UFOs: Lost Evidence**
11.10 **The UnXplained with William Shatner**
12.10 PM **Secrets in the Ice**
1.05 **Pawn Stars**
2.05 **Junk and Disorderly**
3.05 **Flipping Bangers**
4.00 **Ancient Aliens**
6.00 **UFOs: Lost Evidence**
7.00 **Container Wars**
8.00 **Dickinson's Real Deal**
9.00 **Ancient Aliens**
10.00 **The Proof Is Out There**
11.00 **Encounter: UFO**
12.00 M'T **Curse of Skinwalker Ranch**
1.00 AM **UFOs: Lost Evidence**
2.00 **Ancient Aliens**
3.45 **Court Cam** Double bill.
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **Inside the Tower of London** Double bill.
11.00 **Ben Fogle: New Lives in the Wild** Dorset.
12.00 NOON **Sue Perkins: Lost in Alaska**
1.00 PM **The Yorkshire Vet**
2.00 **Murder, She Wrote**
3.00 **Columbo** Crime drama.
4.35 **The Yorkshire Vet**
5.00 **Inside the Four Seasons: Park Lane**
6.00 **Inside the Tower of London** Double bill.
8.00 **Ben Fogle: New Lives in the Wild** Australia.
9.00 **Prince William: Passion, Honour, Duty**
10.30 **Around the World by Train with Tony Robinson**
11.00 **Prisoner: Cell Block H**
1.00 AM **FILM Mistletoe & Merlot** Romantic drama. (2023, 12, 87min) ★★
2.55 **Paul Martin's Antiques Showdown**
3.40 **to 4.00** AM **Britain's Greatest Bridges**

HGTV

158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home** Six editions.
2.00 PM **A Place in the Sun**
3.00 **Derelict Rescue**
4.00 **Escape to the Country**
6.00 **A Place in the Sun**
8.00 **Escape to the Country**
9.00 **My Dream Derelict Home in the Sun** A couple convert a 300-year-old barn in the French countryside.
10.00 **The Flipping El Moussas** New edition Tarek and Heather El Moussa take on a challenging property in Long Beach, California.
11.00 **Home Town**
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**

+1hour 258/262 391

TLC

133/134 139 165

7.00 AM **My Lottery Dream Home** Four editions.
9.00 **Say Yes to the Dress**
11.00 **Say Yes to the Dress: Atlanta** Reality series.
12.00 NOON **1000-lb Sisters**
2.00 PM **Return to Amish**
3.00 **Outdaughtered: Busby Quints** Double bill.
5.00 **Little People, Big World**
6.00 **My 600lb Life**
8.00 **Dr Pimple Popper**
9.00 **24 Hour Baby Hospital** Ciara is ready to welcome her second baby. **10.00** Jessica and Sean are in the Rotunda for the birth of their first baby.
11.00 **My Extreme Excess Skin**
12.00 M'T **Sex Sent Me to the ER** Medical series.
1.00 AM **Extreme Couponing**
2.00 **24 Hour Baby Hospital**
3.00 **My Extreme Excess Skin**
4.00 **Dr Pimple Popper**
5.00 **to 6.00** AM **My Lottery Dream Home**

+1hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Last Man Standing**
9.00 **Everybody Loves Raymond** (S3)
11.00 **Spin City** 14-17/24. (S1)
1.00 PM **Friends** (S1)
7.30 **Friends** 14/24. Chandler meets an old flame. **8.00** 15/24. Monica applies for a new job. **8.30** 16/24. Part one of two. Phoebe's twin sister Ursula visits. (S1)
9.00 **FILM The Bad Education Movie** Comedy starring Jack Whitehall. (2015, 15, 91min) ★★★
10.45 **8 Out of 10 Cats Uncut**
11.35 **Mike Judge's Beavis and Butt-Head** (S3)
12.05 AM **South Park**
2.35 **Chris Ramsey Live: All Growed Up**
3.25 **Important Things with Demetri Martin**
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Criminally Funny**
10.30 **Most Ridiculous**
11.00 **Friends** 6-9/24. (S9)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.30 **Takeshi's Castle**
4.00 **Guessable?**
5.00 **Everybody Loves Raymond** (S3)
7.00 **Spin City** 14-17/24. (S1)
9.00 **Rhod Gilbert's Growing Pains** With Clare Balding and Kiell Smith-Bynoe.
10.00 **Friends** (S10&9)
2.20 AM **Beavis and Butt-Head** (S8)
2.30 **Key & Peele**
3.00 **The Alternative Comedy Experience**
3.45 **Jayde Adams at the Comedy Store**
4.10 **Ed Gamble at the Comedy Store**
4.30 **Out of Order**
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay

152 160 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **The Rookie: Feds** (S1)
11.00 **The Cleaning Lady** (S3)
1.00 PM **Motorway Patrol**
2.00 **Highway Patrol**
3.00 **911 Crisis Centre**
4.00 **Caught on Dashcam**
5.00 **Motorway Patrol**
6.00 **Bondi Rescue**
7.00 **The Cleaning Lady** *All of Me:* 5/12. Luca suddenly goes missing. **8.00** *El Reloj:* 6/12. Thony gets a lead on Arman's whereabouts. (S3)
9.00 **SEAL Team** (S3)
11.00 **The Rookie: Feds** (S1)
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own: Best Of**
2.00 **Duck Quacks Don't Echo** Lee Mack hosts.
3.00 **Road Wars**
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 137 134 351 366

6.00 AM **The Hills**
6.20 **Teen Mom UK**
7.10 **Teen Mom UK: Next Generation**
8.00 **Catfish: The TV Show**
1.00 PM **Catfish: Love Triangles** Reality series.
2.00 **Catfish: The TV Show**
4.00 **Help! I'm in a Secret Relationship!**
6.00 **Catfish UK**
7.00 **Teen Mom 2**
8.30 **MTV Cribs US**
9.00 **Rich Kids Go Skint**
10.00 **Jersey Shore Family Vacation** New edition The crew dive into Jamaica's drama and fun.
11.00 **The Challenge: Vets & New Threats** New edition Players compete in their first challenge as partners.
12.30 AM **Love & Hip Hop: Atlanta** New edition
1.30 **The Challenge: Double Agents**
2.45 **Ink Master**
3.35 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Wheeler Dealers World Tour**
8.00 **Barnwood Builders**
9.00 **Gold Rush** Double bill.
11.00 **Wheeler Dealers**
1.00 PM **Gold Divers** Double bill.
3.00 **Salvage Hunters** A Reading-based department store owner drives a hard bargain. **4.00** Drew Pritchard visits an amazing library in Manchester.
5.00 **Moonshiners** An extortionist shine boss demands payment.
6.00 **Hoffman Family Gold** Andy battles mud flows.

9.00 Naked and Afraid...

7.00 **Wheeler Dealers** Mike and Elvis wrestle a Mitsubishi Lancer Evo7, a Japanese rally car in need of an engine rebuild.

8.00 **Wheeler Dealers** Mike finds an Alfa Romeo GTV with some fails, but he thinks Elvis can sort it.

9.00 **Naked and Afraid Apocalypse** New edition Fuelled by a win, Waz and Teal scavenge the ruins to build shelter, while Amber fights an eye injury and camp chaos, and two survivalists are forced out.

11.00 **Mystery at Blind Frog Ranch** The team strike an impassable object deep underground.
12.00 M'T **Blowing Up History** Experts reveal why Egypt's Black Pyramid collapsed.
1.00 AM **Naked and Afraid Apocalypse** As 9.00pm.
3.00 **to 5.00** AM **Deadliest Catch**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **Flying Wild Alaska**
9.00 **Bad Dog!** A greedy cat.
10.00 **Tanked** With DJ Ashba.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **Flying Wild Alaska** John Ponts encounters turbulence during a flight. **4.00** Luke Hickerson brings Wainwright a cash machine.
5.00 **Lone Star Law** Reports of donkeys being shot.
6.00 **Dr Jeff: Rocky Mountain Vet** A dog with a rare disease.

8.00 Alaska: Surviving the...

7.00 **Treehouse Masters** Pete Nelson builds a luxury treetop bolthole for the winner of the Ultimate Treehouse Giveaway.

8.00 **Alaska: Surviving the Last Frontier** The harsh conditions begin to take a serious toll on the volunteers.

9.00 **Alaska: The Last Frontier** Atz Lee and Jane tackle a long-overdue task to secure their cabin for the winter.

10.00 **Alaskan Bush People** It's late autumn, and the family attempt to organise an extreme wedding in the mountains.

11.00 **Pit Bulls & Parolees**
12.00 M'T **Crikey! It's the Irwins** Bindi and the family plan an emotional surprise for Terri.
1.00 AM **Alaska: Surviving the Last Frontier** As 8.00pm.
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Europe from Above**
9.00 **Air Crash Investigation**
12.00 NOON **Ice Road Rescue**
2.00 PM **Nazi Death Camp: The Great Escape** Documentary.
3.00 **WW2 Wrecks: Draining the Ocean** Examining shipwrecks from World War Two.
4.00 **Killing Hitler** An attempt to assassinate Hitler by members of his own inner circle.
5.00 **Car S.O.S** A Triumph Stag.
6.00 **Lost Treasures of Egypt** Archaeologists try to unravel the riddles of the Great Sphinx.

8.00 Inside Melbourne Airport

7.00 **Air Crash Investigation** Investigators scour the wreckage from a cargo jet that crashed in the Swedish Arctic.

8.00 **Inside Melbourne Airport** New edition A revolutionary airport trial 10 years in the making faces cancellation.

9.00 **Ice Road Rescue** New edition Thord puts his new rotator truck to the test when a tractor crashes downhill.

10.00 **Life Below Zero: First Alaskans** The Indigenous Peoples of Alaska must race against the short days of winter.

11.00 **Air Crash Investigation**
1.00 AM **Airport Security: Peru** Agents uncover three smugglers on one flight.
2.00 **To Catch a Smuggler**
2.30 **Money Meltdown**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Exotic Animal ER: Double Dose**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Rust Valley Restorers**
6.55 **Full Custom Garage** New edition Viewer questions.
7.50 **American Pickers**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **Secrets Declassified...**
1.00 PM **Alone** As 10.00pm.
2.00 **Swamp Mysteries with Troy Landry** As 9.00pm.
3.00 **Secrets of Great British Castles** York Castle.
4.00 **Storage Hunters**
5.00 **Canadian Pickers**
6.00 **American Pickers**

8.00 Iconic Combat Machines

7.00 **Forged in Fire** For the programme's 100th edition special, four bladesmiths compete to forge an epic chopper.

8.00 **Iconic Combat Machines** New edition A look into the first true fighter bomber of the modern era – the Phantom Cobra.

9.00 **Swamp Mysteries with Troy Landry** New edition A mission to uncover lost cemeteries buried deep in the Louisiana swamps.

10.00 **Alone** Series finale One survivalist finds promise in the local antelope, while another contends with an emotional burden.

11.00 **Secrets in the Ice** An ancient mummy with fantastical tattoos buried in Siberia.
12.00 M'T **Evil Encounters**
12.55 AM **Secrets Declassified with David Duchovny**
1.50 **Swamp Mysteries with Troy Landry** As 9.00pm.
2.50 **Full Custom Garage**
3.40 **Pawn Stars** Documentary.
4.25 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great American Railroad Journeys** Double bill.
8.00 **Bangers & Cash**
10.00 **Secret Nazi Bases** As 4.00pm.
11.00 **Nazi Hunters** As 5.00pm.
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash**
4.00 **Secret Nazi Bases** Uncovering and examining hidden structures built by the Nazis.
5.00 **Nazi Hunters** Following the search for Josef Mengele.
6.00 **Antiques Roadshow** The team are at Tewkesbury Abbey in Gloucestershire.

7.00 Operation Arctic

7.00 **Operation Arctic** Following the lives of polar bears and exploring the impact of environmental changes.

8.00 **NEW SERIES Bangers & Cash: Restoring Classics** Derek points the team towards a 1983 Daimler Double Six.

9.00 **Flipping Bangers** Will and Gus buy a Porsche 923 with a cracked interior, bad paintwork and ripped seats.

10.00 **Bangers & Cash** Derek picks up some 'emerging' sporting classics from the Far East when three Datsun Zs appear.

11.00 **Bangers & Cash** Derek waxes lyrical about a pristine Jaguar XJ8 and a Ford Model T van tests his driving skills.
12.00 M'T **Find It, Fix It, Flog It** In Wiltshire, Henry and Simon meet Laura who lives in a collection of farm buildings.
1.00 AM **Abandoned Engineering**
2.00 **to 3.00** AM **Operation Arctic**

+1 hour 255 329

Thursday

7 PM 8 PM 9 PM 10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Drive It** A replica biplane.
7.00 **Salvage Hunters: Classic Cars**
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Repair Shop**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
5.00 **Find It, Fix It, Drive It**
6.00 **Wheeler Dealers**
7.00 **The Repair Shop** The experts restore a cast-iron gate, a century-old watch and a vintage penny arcade game.
8.00 **Salvage Hunters**
10.00 **Salvage Hunters: The Restorers**
11.00 **How Do They Do It?**
1.00 AM **Shed and Buried: Classic Cars**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress**
7.00 **Curvy Brides Boutique**
8.00 **Say Yes to the Dress**
10.00 **Say Yes to the Dress: Atlanta** Double bill.
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **Betrayed**
1.00 PM **On the Case with Paula Zahn**
2.00 **Murder on CCTV**
3.00 **A Killer's Mistake**
4.00 **American Monster**
6.00 **Murder Chose Me**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV**
9.00 **Signs of a Psychopath** New editions Double bill of the documentary.
10.00 **Your Worst Nightmare**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Melissa White.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Fatal Attraction** When a woman is killed in what looks like a home invasion, police hone in on two suspects.
8.00 **Murder by the Sea** A two year investigation into the random murder of Margaret Wilson.
9.00 **48 Hours** A look at the death of Stephen Smith, which was a mystery in Murdaugh country.
10.00 **Bloodline Detectives** New edition In 1991, Sarah Yarborough was murdered outside her school. Despite witnesses, it took almost 30 years to catch her killer.
11.00 **Murder on the Internet**
12.00 M'T **Handsome Devils**
1.00 AM **48 Hours**
2.00 **Bloodline Detectives**
3.00 **Murder by the Sea**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Storm of Suspicion**
11.00 **48 Hours** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Storm of Suspicion**
4.00 **48 Hours** An LA hairstylist is killed in his backyard, and police try to uncover whether it was a robbery gone wrong or a premeditated attack.
5.00 **Medical Detectives** A look into how authorities traced a gun without a serial number. **5.30** How the FBI found a St Louis serial killer using only a computer. **6.00** Police hunt for a Philadelphia rapist, with 900 possible suspects. **6.30** A healthy family contract three separate deadly illnesses.
7.00 **Judge Judy** Real-life small claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Road Wars**
7.00 **Stop, Search, Seize**
8.00 **Motorway Patrol**
9.00 **Caught on Dashcam**
10.00 **The Real Manhunter**
11.00 **Catching the Killer**
12.00 NOON **How I Caught...**
1.00 PM **Britain's Most Evil...**
2.00 **Killer in My Village**
3.00 **Catching the Killer**
4.00 **World's Most Evil Killers**
4.55 **How I Caught the Killer**
5.50 **Catching the Killer**
6.45 **Britain's Most Evil Killers**
7.40 **The Murderer & Me**
9.00 **Catching the Killer**
10.00 **Murder Next Door**
11.00 **Britain's Most Evil Killers**
12.00 M'T **Murdered at First Sight** Celine Figard.
1.00 AM **How I Caught...**
2.00 **Killer in My Village**
3.00 **Murdered at First Sight**
4.00 **Border Security: America's Front Line**
5.00 **to 6.00** AM **Brit Cops**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of the Scottish Islands**
8.40 **WWII in Colour: Road to Victory**
9.55 **Conquistadors: The Rise and Fall**
10.55 **In the Cold Dark Night**
1.00 PM **Grand Tours of the Scottish Islands**
1.40 **Alexandria: The Greatest City**
2.40 **WWII in Colour: Road to Victory**
3.50 **Conquistadors: The Rise and Fall**
4.50 **In the Cold Dark Night**
6.50 **Alexandria: The Greatest City**
7.55 **WWII in Colour: Road to Victory**
9.00 **Conquistadors: The Rise and Fall**
10.00 **In the Cold Dark Night** Investigating the murder of Timothy Coggins.
12.00 M'T **Conquistadors: The Rise and Fall**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

THURSDAY

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Eyes on the Prize III**
7.00 **Discovering: Sigourney Weaver**
8.00 **The Directors** Barry Levinson.
9.00 **The 2000s** Documentary.
10.00 **Kings from Queens: The Run DMC Story**
11.00 **Stax: Soulsville USA**
12.00 NOON **Mr Dynamite: The Rise of James Brown**
2.15 PM **On the Line: The Richard Williams Story**
4.00 **Discovering: Sigourney Weaver**
5.00 **The Directors** Barry Levinson.
6.00 **The 2000s** Documentary.
7.00 **Kings from Queens: The Run DMC Story**
8.00 **Black Widow** The police finally execute a warrant for Dena Thompson's arrest.
9.00 **Boyzone: No Matter What**
10.00 **Hitsville: The Making of Motown** The origins of the Motown record label.
12.10 AM **Mr Dynamite: The Rise of James Brown**
2.30 **The Super Bob Einstein Movie**
4.00 **The Directors** As 5.00pm.
5.00 **to 6.00** AM **Discovering: Sigourney Weaver**

Sky Nature

145 113/114 189 354 369

6.00 AM **Ocean Parks**
7.00 **Monkey Life** Double bill.
8.00 **Rooted** Iconic trees.
9.00 **Wild Family Ties**
10.00 **Living Beach** Bay of Fundy.
11.00 **Ireland's Wild Islands with Eoin Warner**
12.00 NOON **New Kids in the Wild**
1.00 PM **Monkey Life** Double bill.
2.00 **Rooted** Iconic trees.
3.00 **Wild Family Ties**
4.00 **Living Beach**
5.00 **Hope for Wildlife**
6.00 **New Kids in the Wild**
7.00 **Monkey Life** Double bill.
8.00 **Deep Dive Australia**
9.00 **Snow Leopards with Dan O'Neill** Documentary.
10.00 **New Kids in the Wild**
11.00 **Hope for Wildlife**
12.00 M'T **Ireland's Wild Islands with Eoin Warner**
1.00 AM **Ocean Parks**
2.00 **Deep Dive Australia**
3.00 **Snow Leopards with Dan O'Neill** Documentary.
4.00 **Rooted** Iconic trees.
5.00 **to 6.00** AM **Wild Family Ties**

Sky History 2

163/168 143 186

6.00 AM **Secrets Declassified with David Duchovny**
7.00 **Myths & Monsters**
8.00 **The Proof Is Out There**
9.00 **The Lost Women Spies**
11.00 **Ancient Aliens: Origins**
1.00 PM **Alien Files: Unsealed**
2.00 **Walking Through History**
3.00 **Digging for Britain**
4.00 **Secrets Declassified with David Duchovny**
5.00 **Myths & Monsters**
6.00 **The Proof Is Out There**
7.00 **The Lost Women Spies** Disloyalty within the Special Operations Executive. **8.00** Vera Atkins' post-war efforts to find her agents.
9.00 **Ancient Impossible** Exploring how ancient civilisations made weapons of mass destruction. **10.00** The world's first robot.
11.00 **Ancient Aliens: Origins**
1.00 AM **Alien Files: Unsealed**
2.00 **Walking Through History**
3.00 **Digging for Britain**
4.00 **Weird Britain** From Somerset.
5.00 **to 6.00** AM **Rust Valley Restorers**

Crime+Investigation

156 142 133

6.00 AM **Imperfect Murder**
7.00 **Homicide Hunter**
8.00 **Judge Rinder**
9.00 **Murdertown** Naomi Smith.
10.00 **Buried in the Backyard**
11.00 **Hometown Tragedy**
12.00 NOON **Meet, Marry, Murder**
1.00 PM **Somebody's Hiding Something** True-crime.
2.00 **Judge Rinder**
3.00 **Critical Evidence**
4.00 **Murdertown** Adam Vincent.
5.00 **When Missing Turns to Murder**
6.00 **Imperfect Murder**
7.00 **Green Eyed Killers**
8.00 **Somebody's Hiding Something**
9.00 **The First 48** New edition
10.00 **NEW SERIES City Confidential**
11.00 **Homicide Hunter**
12.00 M'T **Somebody's Hiding Something** True-crime.
1.00 AM **The First 48**
2.00 **City Confidential**
3.00 **Meet, Marry, Murder**
4.00 **When Missing Turns to Murder**
5.00 **to 6.00** AM **Buried in the Backyard**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Something Bit Me**
10.00 **When Sharks Attack 360**
11.00 **The Hatcher Family Dairy**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Amazonia's Giant Jaws**
3.00 **Hostile Planet**
4.00 **Secrets of the Zoo**
5.00 **The Incredible Dr Pol**
6.00 **Critter Fixers: Country Vets**
7.00 **Secrets Of The Zoo: Penguin Party** Penguins Tinkerbell and Loki prepare for the arrival of their hatchlings.
8.00 **Amazonia** A look at rarely-seen creatures of the Amazon. **9.00** The rarely seen predators of the Amazon.
10.00 **Rocky Mountain Railroad** A huge payload of coal is transported across the Rockies.
11.00 **Ice Road Rescue**
12.00 M'T **Something Bit Me**
1.00 AM **Swamp Men**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet** Documentary.
4.00 **to 5.00** AM **Africa's Deadliest**

Discovery History

174 147 181 320 325

7.00 AM **Cuba's Secret Shark Lair**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers: Reloaded**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works** New discoveries reveal NASA's Cassini spacecraft's secrets.
8.00 **Cuba's Secret Shark Lair** Researchers seek out huge hammerhead and great white sharks in Cuban waters.
9.00 **Secrets Underground** Rob Nelson investigates rumours of secret underground escape route used by infamous gangster Al Capone.
10.00 **How Do They Do It?**
11.00 **Massive Engineering Mistakes**
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **Expedition with Steve Backshall** Six editions.
3.00 PM **Expedition with Steve Backshall** Steve and a team of kayakers go to the Himalayas. **4.00** The team venture into the heart of Suriname.
5.00 **TOTP: 1997** Triple bill.
7.00 **TOTP: 1997** Featuring Ricky Martin, Kylie Minogue, George Michael, The Sundays, Sly & Robbie and Simply Red. **7.40** With Chumbawamba, Dario G, Robbie Williams, Tina Moore, Bellini and Elton John. **8.20** Featuring Oasis, Louise, No Doubt, Björk, M-People and Janet Jackson feat Q-Tip. **8.55** Music by Jon Bon Jovi, Shola Ama, Conner Reeves, Tina Moore and Symposium. **9.35** Performances by Mariah Carey, Ocean Colour Scene, Ginuwine, All Saints, Hanson, Will Smith and George Michael.
10.15 **TOTP: 1997** Ten episodes.
4.15 **to 6.00** AM **Great British Railway Journeys**

+1 hour 266 376

ID

154 141 166

8.00 AM **The Killer in My Family**
9.00 **Faking It: Tears of a Crime**
11.00 **American Monster**
12.00 NOON **Evil Lives Here**
1.00 PM **Still a Mystery**
3.00 **American Monster**
4.00 **Evil Lives Here**
5.00 **Web of Lies** Double bill.
7.00 **Murder Decoded** A case in which a young woman went missing, before children found her body miles away. **8.00** The murder of a woman left in a burning car.
9.00 **The Murder Tapes** In Michigan, multiple police units were called to a shooting in a car park. When they arrived, the race began to save the victim's life and then find the shooter.
10.00 **Cabin in the Woods** Strange crimes plague Jack Irwin's old cabin when he disappears.
11.00 **Home Alone** True-crime.
12.00 M'T **Hostage 911**
2.00 AM **Web of Lies** Double bill.
4.00 **to 6.00** AM **Murder Decoded**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Incredible Engineering Blunders: Fixed**
7.00 **Texas Metal** A 1934 Buick.
8.00 **Motor Pickers** Double bill.
9.00 **Kindig Customs**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Kindig Customs**
4.00 **Fifth Gear** A Kia EV9.
5.00 **Salvage Hunters: Classic Cars**
6.00 **Motor Pickers** Double bill.
7.00 **Shed and Buried**
8.00 **Fifth Gear** Rory and Vicki test the Bentley Bentayga.
9.00 **Richard Hammond's Big** Richard visits the Burj Khalifa.
10.00 **Kindig Customs**
11.00 **Shed and Buried**
12.00 M'T **Fifth Gear** As 8.00pm.
1.00 AM **Roadworthy Rescues**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Speed Is the New Black**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.10 AM **Sky Cinema Preview**
7.00 **Die Alone** (2024, 15) ★★★★
8.40 **Spin the Bottle** Horror. (2024, 15, 119min) ★★
10.50 **Code 3** As 4.00am.
12.40 PM **Bridget Jones: Mad About the Boy** As 8.00pm.
2.50 **Love Hurts** Action comedy. (2025, 15, 83min) ★★
4.20 **Wish You Were Here** Drama. (2025, 12, 99min) ★★★
6.05 **Novocaine** Action comedy. (2024, 15, 80min) ★★★

8.00 Bridget Jones: Mad...

8.00 Bridget Jones: Mad About the Boy Romantic comedy starring Renée Zellweger. Recently widowed Bridget Jones enters the dating game once again, caught between her son's science teacher and a man 20 years her junior. (2024, 15, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 It Feeds Horror starring Shawn Ashmore and Ashley Greene. A young girl claims an entity is feeding on her. (2025, 15, 102min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Nosferatu** Horror starring Bill Skarsgård and Lily-Rose Depp. (2024, 15, 132min) ★★★★
2.10 AM **Wolf Man** Werewolf horror starring Christopher Abbott and Julia Garner. (2024, 15, 103min) ★★★
4.00 **to 6.00** AM **Code 3** Action comedy starring Rainn Wilson and Lil Rel Howery. (2025, 15, 104min) ★★★★

Sky Cinema Hits

303 303 403 503 517

6.10 AM **Congo** (1995, 12) ★★★
8.00 **The Green Hornet** Fantasy. (2011, 12, 118min) ★★★
10.00 **Crazy Rich Asians** Comedy. (2018, 12, 120min) ★★★★
12.10 PM **Pixels** (2015, 12) ★★
2.10 **Charlie and the Chocolate Factory** Tim Burton's fantasy. (2005, PG, 115min) ★★★★
4.10 **Bob Marley: One Love** Drama. (2023, 12, 104min) ★★★
6.00 **Baby Driver** Action thriller. (2017, 15, 113min) ★★★★

6.00 Baby Driver

8.00 Man of Steel Fantasy adventure starring Henry Cavill, Amy Adams and Michael Shannon. A young outcast with superpowers must confront his destiny when aliens from his home planet threaten Earth. (2013, 12, 143min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 Lawless Prohibition-era crime drama starring Shia LaBeouf and Tom Hardy. Three brothers run a profitable moonshine business in 1930s Virginia. (2012, 18, 111 min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **My Big Fat Greek Wedding 2** Romantic comedy sequel. (2016, 12, 94min) ★★
2.05 **Scott Pilgrim vs. the World** Quirky comic-book comedy. (2010, 12, 112min) ★★★★
4.05 **The Cinema List: SNL**
4.25 **to 6.00** AM **Nacho Libre** Comedy starring Jack Black. (2006, 12, 92min) ★★★★

Sky Cinema Drama

310 310 410 510 524

7.05 AM **Funny Girl** Musical biopic. (1968, U, 169min) ★★★★
9.45 **Love Actually** Comedy. (2003, 15, 135min) ★★★
12.05 PM **Dear John** Romantic drama. (2010, 12, 108min) ★★
2.10 **Darkest Hour** Period drama. (2017, PG, 122min) ★★★
4.25 **The Boy in the Striped Pyjamas** Wartime drama. (2008, 12, 94min) ★★★★
6.15 **The Luckiest Man in America** Drama with Paul Walter Hauser. (2024, 15, 90min) ★★★★
8.00 **One Life** Drama starring Anthony Hopkins, Lena Olin and Helena Bonham Carter. (2023, 12, 105min) ★★★★
9.50 **True Grit** Oscar-winning Western starring John Wayne. The daughter of a murdered man enlists an over-the-hill marshal to help track down the killer. With Kim Darby. (1969, PG, 128min) ★★★★★
12.00 M'T **Anatomy of a Murder** Drama starring James Stewart. (1959, b/w, 12, 160min) ★★★★★
2.45 AM **Bob Marley: One Love** Biographical music drama. (2023, 12, 104min) ★★★
4.35 **to 6.50** AM **Dreamgirls** Musical. (2006, 12, 130min) ★★★★

Sky Cinema Science Fiction

311 311 411 511 525

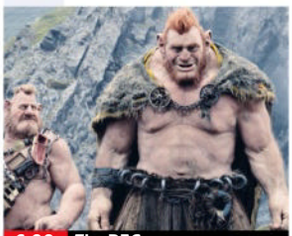
6.20 AM **The Core** As 1.25am.
8.45 **King Kong** Fantasy adventure. (2005, 12, 187min) ★★★★
12.00 NOON **Monolith** Sci-fi thriller. (2022, 15, 90min) ★★★
1.45 PM **Riddick** Sci-fi thriller sequel starring Vin Diesel and Jordi Mollà. (2013, 15, 122min) ★★★
3.50 **Total Recall** Sci-fi thriller remake starring Colin Farrell. (2012, 12, 113min) ★★★
5.55 **Terminator Salvation** Action thriller sequel starring Christian Bale. (2009, 12, 110min) ★★★
8.00 **Edge of Tomorrow** Sci-fi adventure starring Tom Cruise, Emily Blunt and Bill Paxton. (2014, 12, 113min) ★★★★
10.00 **Lake Placid** Horror comedy starring Bill Pullman and Bridget Fonda. A giant crocodile goes on the rampage in a lake in New England. With Oliver Platt and Brendan Gleeson. (1999, 15, 82min) ★★★★
11.40 **Event Horizon** Sci-fi horror thriller. (1997, 18, 96min) ★★★
1.25 AM **The Core** Sci-fi action thriller. (2002, 12, 135min) ★★★
3.45 **Slingshot** Sci-fi thriller. (2024, 15, 108min) ★★★
5.45 **to 6.05** AM **The Cinema List: Men in Black Films**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

7.00 AM **The Cat in the Hat** Fantasy. (2003, PG, 82min) ★★★★
8.35 **The Flintstones in Viva Rock Vegas** (2000, PG) ★★
10.20 **The Portable Door** Fantasy. (2023, PG, 130min) ★★★
12.25 PM **Stardust** Adventure. (2007, PG, 127min) ★★★★
2.40 **Paulie** (1998, U) ★★★
4.20 **The Flintstones** Comedy. (1994, U, 93min) ★★★
6.00 **The BFG** Fantasy adventure. (2016, PG, 117min) ★★★★



6.00 The BFG

8.10 **Stuart Little** Fantasy adventure featuring the voice of Michael J Fox. A New York family adopt a talking mouse as a brother for their son, much to the horror of their pampered cat. (1999, U, 84min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

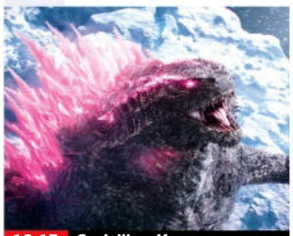
9.50 **Stuart Little 2** Children's fantasy adventure sequel featuring the voices of Michael J Fox and Melanie Griffith. (2002, U, 78min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **Mr Bean's Holiday** Comedy starring Rowan Atkinson. (2007, PG, 89min) ★★★
1.05 AM **Zathura: A Space Adventure** Sci-fi adventure starring Josh Hutcherson. (2005, PG, 113min) ★★★★
3.00 **Snow White and the Huntsman** Fantasy adventure. (2012, 12, 127min) ★★★
5.15 **to 7.00** AM **The Mountain** Rachel House's comedy. (2024, PG, 89min) ★★★★

Sky Cinema Action

307 307 407 507 521

6.20 AM **The Killer** As 12.20am.
8.30 **Ghost Rider** As 4.05pm.
10.25 **Ghost Rider: Spirit of Vengeance** (2012, 12) ★★
12.05 PM **Robin Hood: Prince of Thieves** (1991, PG) ★★
2.30 **Retribution** Action thriller. (2023, 12, 91min) ★★
4.05 **Ghost Rider** Adventure. (2006, 12, 106min) ★★★
6.00 **The Huntsman: Winter's War** Fantasy adventure. (2016, 12, 114min) ★★★



10.15 Godzilla x Kong

8.00 **Kraven the Hunter** Fantasy adventure starring Aaron Taylor-Johnson, Russell Crowe and Ariana Debose. A conservationist's complex relationship with his ruthless father sets him on a path of vengeance. (2024, 15, 127min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **Godzilla x Kong: The New Empire** Fantasy adventure sequel starring Rebecca Hall. Two ancient monsters clash in an epic battle against an undiscovered threat hidden within the Earth. (2023, 12, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **The Killer** Action thriller. (2024, 15, 125min) ★★★★
2.35 **Red Right Hand** Thriller. (2023, 15, 111min) ★★★
4.35 **to 6.25** AM **Blood for Dust** Thriller with Scoot McNairy. (2023, 15, 98min) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.40 AM **Pixels** As 10.10pm.
9.40 **Parenthood** Comedy drama. (1989, 15, 124min) ★★★★
11.55 **Rumours** Comedy horror. (2024, 15, 104min) ★★★
1.45 PM **You, Me and Dupree** Comedy with Owen Wilson. (2006, 12, 109min) ★★★
3.45 **Horrible Bosses** Comedy. (2011, 15, 93min) ★★★
5.35 **The Holdovers** Comedy drama starring Paul Giamatti. (2023, 15, 133min) ★★★★★

5.35 The Holdovers

8.00 **You've Got Mail** Romantic comedy starring Tom Hanks and Meg Ryan as two bookshop owners who hate one another in real life but are email lovers in cyberspace. With Parker Posey and Greg Kinnear. (1998, PG, 114min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Pixels** Comedy with Adam Sandler. Four former video games champions are recruited to defend Earth from an invasion of arcade game characters. (2015, 12, 105min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Nacho Libre** Comedy. (2006, 12, 92min) ★★★★
1.55 **The Men Who Stare at Goats** Offbeat comedy. (2009, 15, 89min) ★★★
3.40 **The Cinema List: SNL**
4.00 **to 6.15** AM **Crazy Rich Asians** Comedy with Constance Wu. (2018, 12, 120min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

6.20 AM **Mob Cops** (2024, 15) ★
7.55 **Barber** Mystery drama. (2023, 15, 90min) ★★★
9.35 **Psycho** As shown at 4.00am.
11.25 **Jack Reacher** Action thriller. (2012, 15, 130min) ★★★
1.40 PM **Jack Reacher: Never Go Back** Action thriller sequel. (2016, 12, 118min) ★★★
3.40 **Serpico** Fact-based drama. (1973, 18, 130min) ★★★★
5.50 **Sherlock Holmes** Adventure. (2009, 12, 128min) ★★★★

10.10 Taxi Driver

8.00 **Sherlock Holmes: A Game of Shadows** Guy Ritchie's adventure sequel starring Robert Downey Jr and Jude Law. Sherlock Holmes and Dr Watson strive to thwart Professor Moriarty, the genius behind a wave of assassinations and bombings across Europe. (2011, 12, 128min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Taxi Driver** Martin Scorsese's drama starring Robert De Niro as a New York taxi driver obsessed with saving a child prostitute. (1976, 18, 110min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Now You See Me** Thriller. (2013, 12, 115min) ★★★
2.10 **Law Abiding Citizen** Thriller. (2009, 18, 109min) ★★
4.00 **Psycho** Horror chiller remake. (1998, 15, 100min) ★
5.45 **to 7.30** AM **Ruthless** Thriller. (2023, 15, 92min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Young Winston** Biopic. (1971, PG, 157min) ★★★
1.50 PM **Father Brown** Comedy drama. (1954, U, 91min)
3.35 **Time Lock** Suspense drama. (1957, b/w, PG, 73min) ★★
5.05 **The Black Arrow** Adventure starring Louis Hayward. (1948, b/w, U, 77min) ★★★
6.40 **Hunter Killer** Thriller with Gary Oldman and Gerard Butler. (2018, 15, 121min) ★★★

11.45 Overlord

8 PM **Hunter Killer** (film started at 6.40pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM **9.00** **A Few Good Men** Drama starring Tom Cruise, Jack Nicholson and Demi Moore. A slick young US navy lawyer locks horns with the martinet commander of a US military base in Cuba over a murder trial. (1992, 15, 132min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

11 PM **11.45** **Overlord** Thriller starring Jovan Adepo. US soldiers on a mission hours before D-Day stumble across a mysterious Nazi lab where bloodthirsty enemies are waiting for them. (2018, 18, 110min) ★★★★
1.55 **to 3.50** AM **I Am Not a Witch** Drama starring Maggie Mulubwa. Subtitled. (2017, 12, 100min) ★★★★

+1 hour 314 430 47 301 257

Sky Cinema Halloween

302 302 402 502 516

6.20 AM **It Feeds** Horror with Shawn Ashmore. (2025, 15) ★★★
8.05 **Wolf Man** As 3.45pm.
9.55 **Little Bone Lodge** Horror. (2023, 15, 93min) ★★★
11.30 **The Collector** Crime thriller. (1965, 15, 119min) ★★★
1.35 PM **Spin the Bottle** Horror. (2024, 15, 119min) ★★
3.45 **Wolf Man** Werewolf horror. (2024, 15, 103min) ★★★
5.30 **The Nun** Horror starring Taissa Farmiga and Demián Bichir. (2018, 15, 96min) ★★★
7.15 **The Damned** Horror mystery starring Odessa Young, Joe Cole and Siobhan Finneran. (2024, 15, 89min) ★★★★
9.00 **The Exorcist** Occult horror chiller starring Max von Sydow, Linda Blair, Jason Miller and Ellen Burstyn. A priest battles to exorcise a powerful demon possessing a young girl. (1973, 18, 121min) ★★★★★
11.05 **Ouija** Horror starring Olivia Cooke. (2014, 15, 87min) ★★
12.40 AM **Ouija: Origin of Evil** Horror prequel. (2016, 15, 99min) ★★★
2.20 **Hollow Man** Sci-fi thriller. (2000, 18, 113min) ★★★
4.15 **to 6.00** AM **Gothika** Horror chiller. (2003, 15, 98min) ★★★

Sky Cinema Greats

304 304 404 504 518

6.25 AM **See No Evil, Hear No Evil** Thriller. (1989, 15, 107min) ★★★
8.20 **The Golden Child** Adventure. (1986, PG, 93min) ★★
10.00 **Shirley Valentine** Comedy. (1989, 15, 108min) ★★★★
12.00 NOON **Grease** Musical. (1978, PG, 110min) ★★★★
1.55 PM **A League of Their Own** Comedy starring Tom Hanks. (1992, PG, 124min) ★★★★
4.15 **HouseSitter** Romantic comedy. (1992, PG, 102min) ★★★
6.10 **Beverly Hills Cop** Comedy thriller starring Eddie Murphy. (1984, 15, 105min) ★★★★
8.00 **Beverly Hills Cop II** Comedy sequel starring Eddie Murphy. (1987, 15, 99min) ★★★
9.50 **Beverly Hills Cop 3** Comedy thriller sequel starring Eddie Murphy. Detroit cop Axel Foley discovers that a theme park is a front for a counterfeiting gang. (1994, 15, 104min) ★★
11.45 **Big Daddy** Comedy drama. (1999, 12, 95min) ★★★
1.35 AM **Small Soldiers** Adventure. (1998, PG, 99min) ★★★★
3.35 **The Cinema List: Family Favourites**
4.05 **to 6.05** AM **Enter the Dragon** Thriller. (1973, 18, 97min) ★★★★

Sky Cinema Animation

305 305 412 500 514

7.15 AM **Hotel Transylvania** Animated family comedy. (2012, U, 91min) ★★★★
9.00 **Hotel Transylvania 2** Animated sequel. (2015, U, 89min) ★★★
10.45 **Hotel Transylvania 3: Summer Vacation** Animated sequel. (2018, U, 97min) ★★
12.35 PM **Shrek Forever After** (2010)
2.20 **Monster Family** Animated comedy. (2017, PG, 96min) ★★
4.00 **Dr Seuss' The Lorax** Animated comedy. (2012, U, 86min) ★★★
5.40 **Sing** Animated musical. (2016, U, 108min) ★★★
7.40 **Monsters vs Aliens** Animated sci-fi comedy adventure. (2009, PG, 90min) ★★★
9.30 **Rebellious** Animated adventure with the voices of Vanessa Johansson and Marc Thompson. (2024, PG, 94min) ★★★
11.20 **Shrek Forever After** Animated comedy adventure sequel. (2010, U, 93min) ★★★★
1.00 AM **Batman Unlimited: Animal Instincts** Animated adventure. (2015, PG, 74min) ★★
2.25 **Batman Unlimited: Mechs vs Mutants** (2016, PG) ★★★
3.50 **Sing** As shown at 5.40pm.
5.50 **to 7.25** AM **Over the Hedge** Animation. (2006, U) ★★★★

Christmas 24

312 313 419

7.00 AM **Deck the Halls on Cherry Lane** Festive drama anthology sequel. (2024, PG, 90min) ★★
9.00 **A Christmas Cookie Catastrophe** Romantic comedy. (2022, PG, 90min) ★★
11.00 **A Royal Christmas Holiday** Drama. (2023, PG, 89min) ★★
1.00 PM **A Tale of Two Christmases** Comedy starring Katherine Barrell. (2022, PG, 84min) ★★
3.00 **Santa Tell Me** Romantic drama. (2024, PG, 84min) ★★
5.00 **Catch Me If You Claus** Fantasy. (2023, PG, 84min) ★★
7.00 **#Xmas** Comedy starring Clare Bowen and Brant Daugherty. (2022, PG, 90min) ★★
9.00 **Christmas in Notting Hill** Romantic drama with William Moseley. A famous footballer returns home to Notting Hill for Christmas, where he falls in love with a visiting American. (2023, PG, 84min) ★★
11.00 **Christmas Magic** Romantic drama. (2023, PG, 90min) ★★
1.00 AM **A Novel Noel** Festive drama. (2024, PG, 90min) ★★
3.00 **to 5.00** AM **Mystery on Mistletoe Lane** (2023, PG) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Black Saddle** 3/20. (S1)
6.30 **Look at Life** Documentary.
6.45 **Jack London** (1943, PG) ★★
8.30 **Out of Town** Documentary
9.00 **The Affairs of a Rogue** Drama. (1948, PG, 111min) ★★
10.50 **A Matter of Murder** Drama. (1949, b/w, PG, 59min) ★★
12.00 NOON **Dixon of Dock Green**
1.05 PM **Tom Brown's Schooldays** Drama. (1951, b/w, U) ★★★
3.00 **Crown Court** (S2)
4.30 **Heavens Above!** Comedy. (1963, b/w, PG, 118min) ★★★
6.50 **Look at Life** Stock exchanges.
7.00 **For the Love of Ada** 1/7. (S2)
7.30 **The Cheaters** 19/27. (S2)
8.00 **The Vise** 6/26. (S3)
8.30 **That's My Boy** 1/6. (S1)
9.05 **The Wheeltappers and Shunters Social Club** Featuring Frank Ifield and Kathy Kirby.
9.55 **Angel** Crime thriller starring Donna Wilkes and Cliff Gorman. (1984, 18, 94min) ★★
11.50 **White Corridors** Medical drama. (1951, b/w, U, 95min) ★★
1.40 AM **Dentist in the Chair** Comedy. (1960, b/w, PG, 84min) ★★
3.15 **House on Haunted Hill** Chiller. (1958, b/w, 12, 75min) ★★★
4.50 **to 6.00** AM **A Message From Mars** Drama. (1913, b/w, PG) ★★

Thursday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **LIVE WTA Tennis** Day four of the WTA Wuhan Open, a hard-court tournament at Optics Valley International Tennis Center.
8.00 **LIVE WTA & ATP Tennis** Coverage of the ATP Shanghai Masters and the WTA Wuhan Open at Qizhong Forest Sports City Arena and Optics Valley International Tennis Center respectively.
10.00 **LIVE ICC Women's World Cup India v South Africa.** The group match from Dr. Y.S. Rajasekhara Reddy ACA-VDCA Cricket Stadium in Visakhapatnam.
5.45 PM **The Premier League Show**
7.00 **LIVE World Grand Prix Darts** Coverage of day four of the event from Mattioli Arena in Leicester, featuring second-round matches, played over the best of five sets.
11.00 **Sky Sports News**
12.00 M'T **LIVE NFL New York Giants v Philadelphia Eagles.** Coverage of the week six match from MetLife Stadium. Kick-off 1.15am.
5.30 **to 6.00** AM **LIVE WTA Tennis** Coverage of the fifth day of the WTA Wuhan Open at Optics Valley International Tennis Center.

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League 100 Club**
9.00 **Match Officials Mic'd Up**
9.30 **Netbusters** Fast-paced action.
10.00 **Sky Sports FC**
12.00 NOON **Premier League Stories**
12.30 PM **Match Officials Mic'd Up**
1.00 **Premier League Years**
3.00 **PL Retro** Bournemouth v Liverpool from 2016/17.
5.00 **The Premier League Show**
7.00 **The Big Interview**
7.30 **Premier League Stories**
8.00 **Match Officials Mic'd Up**
8.30 **Netbusters** Fast-paced action.
9.00 **The Big Interview**
9.30 **Premier League Stories**
10.00 **Match Officials Mic'd Up**
10.30 **Premier League Ranks: Granit Xhaka** A look at the Sunderland and Switzerland midfielder.
10.45 **Premier League Fan Q&A: Ruben Amorim**
11.00 **Premier League Years**
1.00 AM **PL Retro** Featuring Wigan Athletic v Arsenal from 2010.
3.00 **PL Greatest Games**
4.00 **Best PL Goals 97/98**
5.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Cup Retro**
8.00 **Craig Brown: My Scotland**
8.30 **Jimmy Glass: Great Escape**
9.00 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **Best Goals of the EFL Cup 2020/21** Stunning strikes.
11.30 **EFL Trophy Football**
12.00 NOON **EFL Highlights**
1.00 PM **WSL** London City v Liverpool.
1.30 **EFL Highlights**
2.30 **EFL League One Goals**
3.00 **EFL League Two Goals**
3.30 **EFL Highlights**
4.30 **WSL** Manchester City v Arsenal.
5.00 **EFL Highlights**
6.30 **Bundesliga Weekly**
7.00 **EFL League One Goals**
7.30 **EFL League Two Goals**
8.00 **SPFL Round-Up** Recent goals.
8.15 **SPFL Highlights**
8.30 **EFL Highlights**
10.30 **EFL League One Goals**
11.00 **EFL League Two Goals**
11.30 **EFL Greatest Games**
12.00 M'T **SPFL Greatest Games**
2.00 AM **SPFL Highlights**
2.45 **SPFL Greatest Games**
3.45 **SPFL Highlights**
5.30 **to 6.00** AM **SPFL Greatest Games**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **ICC Women's World Cup** Highlights from the competition.
10.00 **LIVE ICC Women's World Cup India v South Africa.** Coverage of the group match from Dr. Y.S. Rajasekhara Reddy ACA-VDCA Cricket Stadium in Visakhapatnam. Both sides are looking to win this event for the first time in their history, with India finishing as runners-up on two separate ocassions and South Africa only ever getting as far as the semi-finals.
5.45 PM **ICC Women's World Cup 2017** Action from England v India in the 2017 final at Lord's. **6.00** Action from England v India at the County Ground in Derby.
6.30 **ICC Women's World Cup** Action from Australia v Pakistan. **7.30** England v Bangladesh at Barsapara Cricket Stadium. **8.30** India v South Africa.
9.30 **ICC Women's World Cup 2017** England v Australia from Bristol.
10.00 **ICC Women's World Cup** Australia v Pakistan in Colombo. **11.00** India v South Africa.
12.00 M'T **to 6.00** AM **ICC Women's World Cup**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **LIVE PGA Tour Golf** Coverage of the first day of the Baycurrent Classic staged at Yokohama Country Club in Japan.
8.00 **LIVE LPGA Tour Golf** The first day of the Buick LPGA Shanghai.
9.00 **PGA Tour Champions**
10.00 **DP World Tour Golf**
1.00 PM **LIVE DP World Tour Golf** Coverage of day one of the Acciona Open De España at Club de Campo Villa de Madrid.
6.00 **PGA Tour Golf** Highlights.
10.00 **LPGA Tour Golf**
11.00 **PGA Tour Champions**
12.00 M'T **Rose Ladies Series**
1.00 AM **DP World Tour Golf**
2.00 **PGA Tour Highlights**
3.00 **Golf Academy** Full Swing tips.
4.00 **to 6.00** AM **LIVE PGA Tour Golf** Coverage of the second day of the Baycurrent Classic.

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **LIVE WTA Tennis** Day four of the WTA Wuhan Open.
8.00 **LIVE WTA & ATP Tennis** Coverage of the ATP Shanghai Masters and WTA Wuhan Open.
10.00 **ATP Tennis** Recent highlights.
11.00 **ATP Tour This Week**
11.30 **LIVE WTA & ATP Tennis** Coverage of the ATP Shanghai Masters and the WTA Wuhan Open.
1.30 PM **LIVE WTA Tennis** Day four of the WTA Wuhan Open.
4.00 **ATP Tour This Week**
4.30 **WTA & ATP Tennis** Action from the WTA and/or ATP Tours.
12.00 M'T **WTA & ATP Tennis**
3.00 AM **ATP Tour This Week**
3.30 **WTA Tennis** Recent highlights.
4.00 **to 6.00** AM **LIVE WTA Tennis** Day five of the WTA Wuhan Open.

TNT Sports 1

410 413 521 408 430

6.00 AM **MotoGP Highlights**
7.00 **LIVE Snooker: Xi'an Grand Prix** The first session from the third round of the tournament.
10.00 **Premier League Netbusters**
10.30 **Ultimate Pool**
12.00 NOON **LIVE Snooker: Xi'an Grand Prix** The second session from the third round.
3.00 PM **UEFA Conference League Goals Reload** Highlights.
3.15 **Champions League Goals Reload**
3.30 **Europa League Goals Reload**
3.45 **Premier League Reload**
4.00 **MotoGP Highlights**
5.00 **Race Bikes** Action from 2009.
5.30 **True Grit** Speedway action.
6.30 **British Speedway**
7.30 **LIVE British Speedway Ipswich Witches v Leicester Lions.** Coverage of the second leg of the Premiership Grand Final.
10.00 **MLB: Off the Bat**
10.30 **MLB Lead Off** Match previews.
11.00 **LIVE MLB** MLB Postseason.
2.15 AM **TNT Sports Reload**
2.45 **Test Cricket Highlights**
4.45 **to 6.00** AM **LIVE Test Cricket India v West Indies.** Coverage of the first day of the second and final Test in the series.

TNT Sports 2

411 414 522 409 431

6.00 AM **Test Cricket Highlights**
8.00 **SailGP Highlights**
9.00 **British Superbikes Highlights**
10.00 **FIM Speedway of Nations**
11.00 **NWSL** Match highlights.
1.00 PM **UEFA Europa League Goals Reload**
1.15 **Serie A: Full Impact**
1.45 **LIVE Cycling: Gran Piemonte** The men's one-day race from the Piedmont region, Italy.
3.45 **TNT Sports Reload**
4.00 **UEFA Champions League**
4.30 **Serie A – Full Impact**
5.00 **Premier League Netbusters**
5.30 **Premier League: Big Interview**
6.00 **Premier League Stories**
6.30 **UEFA Conference League Goals Reload**
6.45 **Champions League Goals Reload**
7.00 **Europa League Goals Reload**
7.15 **Premier League Reload**
7.30 **British Superbikes Highlights**
8.30 **MotoGP Highlights**
9.30 **Fight Week** Review of UFC 320.
10.00 **UFC** Ankalaev v Pereira.
1.00 AM **LIVE MLB** MLB Postseason.
4.15 **MLB Closer** The best action.
4.45 **MLB: Off the Bat**
5.15 **MLB Classic** Archive action.
5.45 **to 6.00** AM **MotoGP Rewind**

Sky Sports NFL

412 410 517 507 426 446

6.00 AM **NFL Highlights**
8.00 **The Runway**
8.45 **NFL Bitesize Highlights**
9.00 **NFL Highlights**
10.00 **NFL Bitesize Highlights**
10.15 **Kansas City Chiefs: The Franchise** Follow the Kansas City Chiefs as they embark on the 2025 NFL season.
11.00 **NFL Highlights**
12.00 NOON **NFL Bitesize Highlights**
1.00 PM **Good Morning Football**
3.00 **NFL Highlights**
5.00 **The Runway** Behind the scenes with the New York Jets during the 2025 NFL season.
5.45 **NFL Bitesize Highlights**
6.00 **NBC's Pro-Football Talk**
8.00 **NFL Gameday** Match reviews.
8.45 **NFL Bitesize Highlights**
9.00 **NFL Highlights** Cleveland Browns v Minnesota Vikings.
10.00 **NFL Fantasy** Tips and advice.
11.00 **NFL Bitesize Highlights**
11.15 **NFL Gameday** Match reviews.
12.00 M'T **LIVE NFL New York Giants v Philadelphia Eagles.** Coverage of the week six match from MetLife Stadium. Kick-off 1.15am.
5.30 **to 6.00** AM **NFL Bitesize Highlights**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **LIVE WTA Tennis** Day four of the WTA Wuhan Open, a hard-court tournament at Optics Valley International Tennis Center.
8.00 **LIVE WTA & ATP Tennis** Coverage of the ATP Shanghai Masters and the WTA Wuhan Open at Qizhong Forest Sports City Arena and Optics Valley International Tennis Center respectively.
10.00 **Sky Sports FC**
11.30 **LIVE WTA & ATP Tennis** Coverage of the ATP Shanghai Masters and WTA Wuhan Open.
1.30 PM **LIVE WTA Tennis** Day four of the WTA Wuhan Open, a hard-court tournament at Optics Valley International Tennis Center.
4.00 **Sports Desk**
5.00 **The Premier League Show**
7.00 **LIVE World Grand Prix Darts** Coverage of day four from Mattioli Arena in Leicester, featuring second-round matches.
11.00 **Sky Sports News**
1.00 AM **EFL Cup Retro**
3.00 **Sky Sports News**
4.00 **to 6.00** AM **LIVE WTA Tennis** The WTA Wuhan Open at Optics Valley International Tennis Center

Sky Sports Mix

416 412 510 429 449

6.00 AM **LIVE LPGA Tour Golf** The Buick LPGA Shanghai.
9.00 **ICC Women's World Cup**
10.00 **PGA Tour Champions**
11.00 **PL Retro** Liverpool v Blackburn.
1.00 PM **ICC Women's World Cup**
2.00 **PL Greatest Games**
3.00 **Formula 1** Singapore Grand Prix.
4.00 **PGA Tour Golf**
5.00 **ICC Women's World Cup**
6.00 **NRLW** The Grand Final.
7.00 **NRL** Highlights of the Grand Final.
8.00 **Women's Super League**
9.00 **PGA Tour Champions**
10.00 **Formula 1** Singapore Grand Prix.
11.00 **WTA Tennis** WTA Beijing Open.
12.00 M'T **PL Greatest Games**
1.00 AM **The Taylor Years**
1.30 **The Greatest Final 2007**
2.00 **John Part's Journey**
2.30 **The Rise of MVG**
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **LIVE LPGA Tour Golf** The Buick LPGA Shanghai.

TNT Sports 3

413 415 523 410 432

6.00 AM **Serie A – Full Impact**
6.30 **TNT Sports Reload**
6.45 **Premier League Reload**
7.00 **LIVE Snooker: Xi'an Grand Prix** Coverage of the third round.
10.00 **International T20 Cricket Highlights** Recent action.
11.00 **British Carp Angling Championship 2018**
12.00 NOON **LIVE Snooker: Xi'an Grand Prix** Round three.
3.00 PM **Training Day**
3.15 **British Superbikes Rewind**
3.30 **WNBA** Recent action.
4.30 **World Rally Raid Championship**
5.00 **European Rally Championship**
5.30 **MLB Highlights** Recent action.
6.30 **MLB: Off the Bat**
7.00 **Test Cricket Highlights**
9.00 **Snooker Xi'an Grand Prix**
11.00 **Men's Cycling Pro Series**
12.00 M'T **Ultimate Pool** Group B.
1.30 AM **European Rally Championship Highlights**
2.00 **to 6.00** AM **Highlights**

TNT Sports 4

414 416 524 411 434

6.00 AM **The Gallagher PREM**
11.00 **MotoGP Highlights**
12.00 NOON **Spirit of Yachting**
12.30 PM **MLB Highlights**
1.30 **FIA Extreme H World Cup**
2.00 **LIVE FIA Extreme H World Cup** Coverage of the first day from this year's event, which takes place in Saudi Arabia.
3.00 **SailGP Highlights**
4.00 **TNT Sports Cricket Reload**
4.30 **Ultimate Pool** Group B.
6.00 **British Carp Angling Championship 2018**
7.00 **Supertri E World Triathlon**
8.00 **MLB Highlights**
9.00 **Beacon Of Hope**
10.00 **SailGP Highlights**
11.00 **International T20 Cricket**
2.00 AM **Serie A – Full Impact**
2.30 **Men's Cycling Pro Series**
3.30 **UFC Connected**
4.00 **UFC Fight Flashback**
5.00 **to 6.00** AM **Formula E Flashback**

Premier Sports 1

419 551

6.00 AM **DTM Highlights**
7.00 **NASCAR Highlights**
8.00 **FIM Sidecarcross**
9.00 **Eredivisie Highlights**
10.00 **URC in 60** The second round
11.00 **LaLiga Match Highlights**
12.00 NOON **Scottish Football**
1.00 PM **FIM Sidecarcross**
2.00 **NHL on the Fly** The latest news.
3.00 **NASCAR Highlights**
4.00 **Eredivisie Highlights**
5.00 **URC in 60** The second round.
6.00 **Scottish Football Social Club**
7.00 **LaLiga Match Highlights**
8.00 **Argentine Primera Highlights**
8.30 **NASCAR Highlights**
9.30 **Eredivisie Highlights**
10.30 **FIM Sidecarcross**
11.30 **MotorSport** Valentino Rossi.
12.00 M'T **NHL Tonight**
1.00 AM **LIVE NHL Ice Hockey Winnipeg Jets v Dallas Stars.** Coverage from Canada Life Centre. Face-off 1.00am.
4.00 **to 6.00** AM **Highlights**

Premier Sports 2

420 552

6.00 AM **NHL: This is Hockey**
6.30 **Bike World** Magazine.
7.00 **Top 14 Rugby Union**
9.00 **Temples of Sport**
10.00 **NHL Ice Hockey** Toronto Maple Leafs v Montreal Canadiens.
12.00 NOON **Top 14 Rugby Union**
2.00 PM **Temples of Sport** Sporting venues from around the globe.
2.30 **United Rugby Championship** A chance to see Connacht v Scarlets. **4.30** Dragons v Sharks.
6.30 **Brasileiro Serie A** A chance to see Sao Paulo v Palmeiras.
8.30 **Top 14 Rugby Union** A chance to see Bayonne v Toulouse.
10.30 **NHL Ice Hockey** Edmonton Oilers v Calgary Flames.
12.30 AM **LIVE NHL Ice Hockey Carolina Hurricanes v New Jersey Devils.** Coverage of the Eastern Conference match from Lenovo Center. Face-off 12.30am.
3.30 **NHL: This is Hockey**
4.00 **to 6.00** AM **Argentine Primera**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **Formula 1** F1 highlights.
12.00 NOON **Ted's Notebook**
12.30 PM **Formula 1** From Singapore.
2.45 **Ted's Notebook**
3.15 **F1 Feature**
3.30 **F1 Academy Highlights**
4.15 **F1 Features**
4.30 **F1 Academy Highlights**
5.15 **F1 Feature**
5.30 **Ted's Notebook**
6.00 **Formula 1** Singapore Grand Prix.
8.15 **Ted's Notebook**
8.45 **F1 Feature**
9.00 **British GT Championship**
11.35 **F1 Features**
12.00 M'T **Formula 1** From Singapore.
1.00 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Friday

10 October

Evening Planner

Comedy

Grow
Sky Premiere, 6.45am & 4.40pm
An entertaining family comedy about a young girl who has the ability to help vegetables grow. Co-stars Nick Frost.

OnDemand

NETFLIX

The Woman in Cabin 10
Available today
Keira Knightley stars in this psychological thriller as the only witness to a murder on board a yacht.

OnDemand

tv+

The Last Frontier
Available today
When a prison transport plane crashes in Alaska, a US Marshal (Jason Clarke) tries to protect his town.

OnDemand

prime

John Candy: I Like Me
Available today
A portrait of the popular Canadian actor, who passed away after a heart attack in 1994 at the age of 43.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 Policing... †	8.00 DIY SOS		9.00 Have I Got...	9.30 How Are You?...	10.00 News; Local News	10.40 Graham...
	102 BBC2	7.00 Villages by the...	7.30 International Football – Live: Northern Ireland v Slovakia (Kick-off 7.45)					10.00 Mortimer &...	10.30 Newsnight
	103 ITV1	‹ 6.30 News †	7.30 Emmerdale	8.00 Coronation Street		9.00 Borderline		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 The Great British Bake Off: An Extra...		9.00 Gogglebox		10.00 Mitchell and...	10.35 Greg...
	105 5	7.00 Air Fryers vs Microwaves: Which Is...		8.00 Susan Calman's Grand Day Out		9.00 The OJ Simpson Trial: 30 Years On			10.20 Piers Morgan...
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 An Idiot Abroad 2		9.00 Rob & Romesh vs Drag		10.00 Peacemaker	
ENTERTAINMENT	115 BBC3	7.00 Horrible Histories		8.00 Top Gear		9.00 Film Club		10.00 Film: Alien	
	116 BBC4	7.00 TOTP: 1998		8.00 TOTP: 1986	8.30 TOTP: 1990	9.00 An Evening with Glen Campbell			10.20 Tammy
	118 ITV2	7.00 Deal or No Deal		8.00 The 1% Club		9.00 Big Brother: Eviction			10.15 Big Brother: Late & Live
	136 MORE4	‹ 6.55 The Dog House Australia		7.55 The Dog House		9.00 The Wall: The Orchard		10.00 24 Hours in A&E	
	135 E4	7.00 The Simpsons		8.00 First Dates		9.00 Film: Snake Eyes			
	107 SKY WITNESS	7.00 Caught on Dashcam				9.00 Law & Order: Special Victims Unit			
	108 SKY ATLANTIC	‹ 6.50 Game of Thrones				9.00 Task			10.15 Succession
	110 U&GOLD	7.00 Only Fools and Horses	7.40 dinnerladies			9.00 The Royle Family			10.10 Live at the Apollo
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	7.00 Heartbeat		8.00 Agatha Christie's Poirot					
	120 ITV4	‹ 6.25 British Touring Car Championship...		8.00 Ice Road Truckers		9.00 Film: Live Free or Die Hard			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Michael McIntyre's Big Show		10.00 Iain Stirling's Roast the Internet	
	139 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate Atlantis		9.00 Film: The Crazies			
	113 SKY MAX	7.00 Stargate Universe		8.00 An Idiot Abroad 2		9.00 Rob & Romesh vs Drag		10.00 Peacemaker	
	109 U&ALIBI	7.00 Body of Proof		8.00 Death in Paradise				10.05 Father Brown	
	124 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Dolly Parton: Song by Song		9.00 Opry Live		10.00 Bee Gees: One Night Only	
	132 U&W	7.00 MasterChef Australia		8.00 Inside the Ambulance		9.00 999 Rescue Squad			
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers		8.00 Deadliest Catch		9.00 Expedition Unknown		10.00 Expedition Files	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 River of No Return		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation						10.00 Inside Melbourne Airport	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Egypt's Unexplained Files		9.00 Ancient Aliens		10.00 Ancient Aliens Special Presentation	
	155 U&YESTERDAY	7.00 Operation Arctic		8.00 One Foot in the Grave				10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Kings from Queens: The Run DMC Story		8.00 Tina					10.15 The Essex Murders: Who...
FILMS – Sky Cinema	301 PREMIERE	‹ 6.30 Love Hurts		8.00 Bridget Jones: Mad About the Boy				10.05 Code 3	
	302 HALLOWEEN	7.05 Sinister				9.00 It			
	303 SPIDER-MAN	7.05 The Amazing Spider-Man 2					9.30 Spider-Man		
	304 GREATS	‹ 6.30 Ace Ventura Pet Detective		8.00 Ace Ventura: When Nature Calls				9.50 Wayne's World	
	305 ANIMATION		7.20 Hotel Transylvania			8.55 The Garfield Movie			
	306 FAMILY	‹ 6.00 Cats & Dogs	7.40 Sonic the Hedgehog 3				9.40 The Spiderwick Chronicles		
	307 ACTION	‹ 6.00 The Legend of Tarzan		8.00 The Fall Guy					10.15 The Patriot
	308 COMEDY	‹ 6.05 Beetlejuice Beetlejuice		8.00 Two Weeks Notice				9.55 50 First Dates	
	309 DA VINCI	‹ 5.30 Angels & Demons		8.00 Inferno					10.10 The Da Vinci Code
	310 DRAMA	‹ 6.10 Quartet		8.00 Schindler's List					
	311 SCIENCE FICTION	‹ 6.25 Zombieland		8.00 Kong: Skull Island					10.10 I Am Legend
	313 FILM4	7.00 Dog				9.00 Déjà Vu			
SPORT	401 MAIN EVENT	7.00 World Grand Prix Darts – Live: Coverage of the quarter-finals							
	402 PREMIER LEAGUE	7.00 PL Stories	7.30 The Big Interview	8.00 Match Officials...	8.30 Florian Wirtz's...	9.00 PL Stories	9.30 Big Interview	10.00 Match...	10.30 Sticker Book
	403 FOOTBALL	7.00 EFL Highlights	7.30 EFL Cup Highlights				9.30 Scottish Football VAR Review		10.30 SPFL Round-Up
	405 CRICKET	‹ 6.30 ICC Women's World Cup					9.30 ICC Women's...	10.00 ICC Women's World Cup	
	410 TNT SPORTS 1	7.00 The Gallagher PREM – Live: Sale Sharks v Newcastle Red Bulls (Kick-off 7.45)						10.00 MLB – Live	
	411 TNT SPORTS 2	7.00 SHEENE			8.15 Superbikes...	8.45 UCI Mountain Bike World Series – Live: Coverage of the XCC short track elite race			

‹ Denotes programmes starting before 7.00pm † Regions vary

FRIDAY

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Friday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Crimewatch Live** New edition 5/15. How police solved the murder of Anita Rose in 2024. (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Sister Boniface Mysteries** *Dead Air:* 8/12. Sister Boniface investigates a murder at a pirate radio station. (S2) (S)(AD)
2.45 **Escape to the Country** (S)(R)(AD)
3.45 **The Repair Shop** (S)(R)
4.30 **The Inner Circle** New edition Quiz hosted by Amanda Holden. (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.30 How Are You? It's Alan...

7.00 **The One Show** Lauren Laverne presents the weekday topical show. (S)
7.30 **Policing Paradise** A rookie cop tackles crime during her first day, and a traffic patrol officer tries to keep his learner driver son safe. (S)(R)

8.00 **DIY SOS** New edition In south Wales, Nick Knowles and the team help Dan and Anna after an accident. Now a wheelchair user, Dan needs his home transformed to support his rehab and his goal to walk again. (S)

9.00 **Have I Got News for You** New edition 2/10. Steph McGovern hosts the quiz. (S)
9.30 **How Are You? It's Alan (Partridge)** New episode 2/6. Alan ponders whether talking helps. (S1) (S)
■ Entire series on BBC iPlayer

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **The Graham Norton Show** New edition The host is joined by Julia Roberts, Colin Farrell, Benedict Cumberbatch and Gloria Estefan. Plus, Robbie Williams sings *Pretty Face*. (S)
11.30 **RuPaul's Drag Race UK** The queens take on a hyperpop banger for the Girl Group challenge, and Girls Aloud star Nadine Coyle joins the judging panel. (S)(R)
12.40 AM **FILM Ghost Stories** Horror starring Andy Nyman. A professor famous for debunking hoaxes is given a dossier of three unsolvable cases. (S) (2017, 15, 90min) ★★★★
2.10 **Weather for the Week Ahead** Seven-day forecast. (S)
2.15 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.30 AM **Escape to the Country** (S)(R)
7.15 **The Repair Shop** (S)(R)(AD)
8.00 **Sign Zone: Michael Portillo's 200 Years of the Railways** (S)(R)
9.00 **BBC News** (S)
12.30 PM **Political Thinking with Nick Robinson** Topical discussion. (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **The Finish Line** Game show. (S)(R)
2.30 **Unbeatable** Quiz show. (S)(R)
3.15 **Great British Menu: The Finals** (R)
4.15 **Animals with Cameras** (S)(R)(AD)
5.15 **Flog It!** Boconnoc estate. (S)(R)
6.00 **Richard Osman's House of Games** New edition Yinka Bokinni, Ellie Leach, Vicki Michelle and Peter Serafinowicz take part. (S)
6.30 **Strictly: It Takes Two** New edition Janette Manrara gets all the backstage gossip ahead of the Movie Special. (S)

11.00 The Producers

7.00 **Villages by the Sea** Ben Robinson discovers the lime kilns in Solva, Wales. (S)(R)
7.30 **LIVE Football: World Cup Qualifier** Northern Ireland v Slovakia: Stephen Watson presents coverage of the Group A qualifier held at Windsor Park. Northern Ireland won their first match in the group 3-1 in Luxembourg, before losing away to Germany by the same scoreline. The Slovakians have maximum points so far after claiming a fine 2-0 victory at home to the Germans, before needing a last-minute goal to win in Luxembourg. Kick-off is at 7.45. (S)

10.00 **Mortimer & Whitehouse: Gone Fishing** Paul and Bob go to the Scottish Highlands on a quest for ferox trout in the River Garry. (S)(R)
10.30 **Newsnight** (S)
11.00 **FILM The Producers** Comedy with Zero Mostel and Gene Wilder. (S) (1967, PG, 90min) ★★★★
12.30 AM **Sign Zone: Panorama: Kellie Bright – Autism, School and Families on the Edge** (S)(R)
1.30 **Sign Zone: Freddie Flintoff's Field of Dreams: Ultimate Test** (S)(R)
2.30 **Sign Zone: Rob and Rylan's Passage to India** (S)(R)(AD)
3.30 **Sign Zone: Cracking the Case – The Torso Wrapped in Plastic** (R)
3.55 **to 6.00** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** Celebrity chat, advice and lifestyle features. (S)
12.30 PM **ITV News** (S)
12.50 **Local News** (S)
1.00 **LIVE Racing** Francesca Cumani and Ed Chamberlin present coverage of a meeting headlined by the Group One Fillies' Mile in Newmarket, plus racing from York and Chepstow. Analysis comes from Jason Weaver and Leonna Mayor, with reports by Oli Bell, and commentary by Richard Hoiles. (S)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

9.00 Borderline

7.30 **Emmerdale** Nicola is devastated by the arrival of the police and Dawn is aghast at the situation, while Belle and Kammy might have acted in haste. (S)(AD)

8.00 **Coronation Street** Kevin tells Abi that she is no longer welcome at number 13, Brian accuses Trisha of taking advantage of Tim, and Todd turns to Billy for support rather than Theo. (S)(AD)

9.00 **Borderline** New episode *Hens – Part Two:* 2/6. Detectives Boyd and Regan continue an investigation into circumstances that led to the body of a woman being found on a beach. (S1) (S)(AD)
■ Entire series on ITVX

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Password** Stephen Mangan hosts the game show with Sanjay and Diana joining captains Daisy May Cooper and Alan Carr. (S)(R)
11.30 **The Jonathan Ross Show: Special Guests** Memorable moments from interviews with Jack Black, Stormzy, Grace Jones, Steve Coogan, Emma Stone, Andy Serkis and Nile Rodgers. (S)(R)
12.05 AM **Shop on TV**
3.00 **The Undercover Police Scandal: Love and Lies Exposed** (S)(R)(AD)
3.50 **Unwind with ITV** (S)
5.00 **to 6.00** AM **Judi Love's Culinary Cruise** (S)(SL)(R)(AD)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.30 AM **The King of Queens** (S)(R)(AD)
7.45 **Everybody Loves Raymond** 5-7/25. (S7) (S)(R)(AD)
9.10 **Frasier** 1-4/24. (S7) (S)(R)(AD)
11.10 **Undercover Boss USA** (S)(R)
12.05 PM **News** (S)
12.10 **A New Life in the Sun** (S)(R)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **Help! We Bought a Village** New edition Lolly and Sean dig deep to finish their manoir. (S)
5.00 **Four in a Bed** New edition (S)
5.30 **Come Dine with Me** Floor layer George serves restaurant-standard food from a 'cheeky' menu. (S)(R)
6.00 **Sun, Sea and Selling Houses** Mark has a budget of 80,000 euros and is looking for a two-bed apartment near the coast. (S)(R)

10.00 Mitchell and Webb Are Not...

7.00 **News** (S)

8.00 **The Great British Bake Off: An Extra Slice** New edition Alison Hammond, Jonathan Ross and Joe Thomas join Jo Brand and Tom Allen to digest Pastry Week, as they take a look at viewers' home baking pictures. (S)(AD)

9.00 **Gogglebox** New edition The armchair critics share their opinions on what they have been watching on TV this week, with cameras capturing their instant reactions and lively discussions. (S)(AD)

10.00 **Mitchell and Webb Are Not Helping** Series finale 6/6. Sketches feature a surprising way to assess new teachers. (S)(AD)
■ Entire series on C4 streaming
10.35 **Greg Davies: The Back of My Mum's Head** A stand-up special. (S)(R)(AD)
11.40 **Sarah Millican: Thoroughly Modern Millican** Stand-up. (S)(R)
12.40 AM **FILM Crush** Comedy starring Rowan Blanchard. A young artist is forced to join a school track team, and uses it as a chance to pursue a girl. (S) (2022, 15, 90min) ★★★★
2.10 **Ramsay's Kitchen Nightmares USA** From New Jersey. (S)(SL)(R)
3.00 **George Clarke's Amazing Spaces**
3.55 **to 6.00** AM **Come Dine with Me**

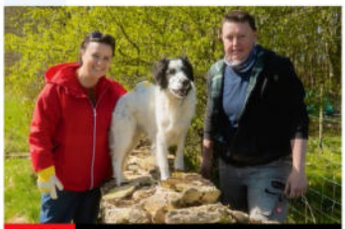
+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.30 PM **Vanessa** (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 FILM PREMIERE **One Bad Apple** Thriller starring Alison Sweeney and Victor Webster. A baker's class turns deadly when an accident leads to murder. (S) (2024, PG, 105min) ★★★
4.00 **The Cruise: Fun-Loving Brits at Sea** New edition Shin and Sarah take a tour of Brest's National Botanical Gardens. (S)
5.00 **News** (S)
6.00 **Portugal with Michael Portillo** A tour of the cities of Coimbra and Aveiro. (S)(R)
6.55 **News** (S)



8.00 Grand Day Out

7.00 **Air Fryers vs Microwaves: Which Is Better?** Comparing the microwave to speed, convenience and cost of the air fryer, providing multiple taste testers and tracking their origins. (S)(R)
7.55 **News** (S)
8.00 **Susan Calman's Grand Day Out** New edition The presenter explores the Cotswolds, beginning in Bourton-on-the-Water, and then moves on to Tewkesbury, site of the Wars of the Roses. (S)
9.00 NEW **The OJ Simpson Trial: 30 Years On** Documentary revisiting the 1995 murder trial of the sportsman and actor, including his high-profile legal defence, the prosecution's case, and the suggestions of police misconduct and racial bias. (S)
10.20 **Piers Morgan Uncensored** New edition A selection of highlights from the presenter's YouTube show, blending interviews, debates and personal commentary. (S)
12.05 AM **Police Interceptors** Officers from two counties chase a runaway lorry. (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Friends** (S3) (S)(R)(AD)
3.40 **Jason Watkins & Lady Jane Grey: Tower of London Special**
4.40 **Paul Martin's Antiques Showdown** (S)(SL)(R)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Sky News Breakfast**
7.00 **Breakfast with Anna Jones**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Universe** (S)(R)(AD)
11.00 **Deep Dive North America** (R)
12.00 NOON **The Simpsons** (S)(R)
1.00 PM **Hawaii Five-0** (S4) (S)(R)
3.00 **S.W.A.T.** 4/22. (S1) (S)(R)(AD)
4.00 **NCIS: New Orleans** (S7) (S)(R)
5.00 **The Simpsons** *Treehouse of Horror XX:* Classic movie monsters gatecrash a Halloween party. (S)(R) **5.30** *Treehouse of Horror II:* Bart, Homer and Lisa suffer from spooky nightmares. (S)(R)
6.00 **The Office (US)** 18/19. Phyllis puts on a huge bash for Toby's goodbye party. (S)(R) **6.30** 19/19. Andy publicly asks Angela to marry him. (S4) (S)(R)

8.00 An Idiot Abroad 2

7.00 **The Simpsons** *Fraudcast News:* Reports of Mr Burns's death provoke a media storm in town. (S)(R) **7.30** *Treehouse of Horror XXXII:* Another selection of spooky stories, including a parody of *Bambi*. (S)(R)
8.00 **An Idiot Abroad 2** 7/8. Karl Pilkington prepares for his final journey, a 15-hour trek to the summit of Mount Fuji in Japan, receives sumo-wrestling training and experiences state-of-the-art robotics. (S)(R)(AD)
9.00 **Rob & Romesh vs Drag** 3/7. The duo dive into the world of drag queens with the help of Michelle Visage, The Vivienne and Baga Chipz, before performing a drag routine in front of an audience. (S)(R)(AD)
10.00 **Peacemaker** Series finale *Full Nelson:* 8/8. Superhero action comedy starring John Cena, Danielle Brooks and Freddie Stroma. (S2)
11.10 **James Acaster: Hecklers Welcome** Stand-up. (S)(R)
12.40 AM **Sex and the City** 3/18. The girls wonder whether all men are freaks. (S)(R) **1.20** 4/18. (S2) (S)(R)
2.00 **Hawaii Five-0** (S4) (S)(R)
3.00 **S.W.A.T.** 4/22. (S1) (S)(R)(AD)
4.00 **NCIS: New Orleans** (S7) (S)(R)
5.00 **Road Wars** (S)(R)
5.30 **to 6.00** AM **Monkey Life** (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
7.30-8.00pm Landward (S)(R) **11.30** A View from the Terrace (S)(R) **12.15am** RuPaul's Drag Race UK (S)(R) **1.25** FILM Ghost Stories (S) (2017, 15, 90min) ★★★★ **2.55** Weather for the Week Ahead (S) **3.00-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
7.30-10.00pm LIVE International Football (S)

WALES
Sky 965, Virgin 864, Freesat 965
No variations

BBC2

N. IRELAND
Sky 969, Freesat 969
7.30pm Policing Paradise (S)(R) **8.00** DIY SOS New edition (S)(AD) **9.00** Have I Got News for You New edition (S) **9.30-10.00pm** How Are You? It's Alan (Partridge) New episode (S)(AD)

WALES
Sky 968, Freesat 968
No variations

ITV1

As main ITV1 except:

WALES
7.00-7.30pm Coast & Country New edition (S) **9.00-10.00pm** Backstage at the Black Music Awards New edition (S)

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Bwyd Epic Chris (AD) **12.30** Heno Aur **1.00** Rhys Patchell: Japan a'r Gic Olaf **1.30** Codi Hwyl (AD) **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Cyfrinachau'r Llyfrgell **4.00** Awr Fawr **5.00** Stwnsh **6.00** Garddio a Mwy **7.00** Newyddion a'r Tywydd **7.30** LIVE Clwb Rygbi **9.50** GISDA: Drws I'r Digartre (AD) **10.20** Ironman Cymru **11.20pm-12.25am** Ty Ffit

TV&Satellite week
New issue on sale now

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Horrible Histories**
7.55 **The Catch Up**
8.00 **Top Gear** Jonathan Ross is the Star in a Reasonably Priced Car.
9.00 **Film Club** 1/6. Drama starring Aimee Lou Wood and Nabhaan Rizwan. **9.30** 2/6. While Noa attends a taster day for his new job in Bristol, Evie pulls out all the stops. (S1)
10.00 FILM **Alien** Director Ridley Scott's sci-fi horror starring Sigourney Weaver, Tom Skerritt and Ian Holm. When the commercial spacecraft *Nostromo* responds to a distress call from an apparently dead planet, its seven crew members unwittingly take on board a deadly alien creature. (1979, 15, 117min) ★★★★★
11.55 **Blackmailed: The Sextortion Killers**
12.55 AM **RuPaul's Drag Race UK** Reality series.
2.05 **My Mate's a Bad Date**
2.30 **to 4.00** AM **Dreaming Whilst Black**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **TOTP: 1998** Featuring performances by Peter Andre and Another Level. **7.30** Performances from Five, Pras Michel feat ODB, and Mya and Lovestation.
8.00 **TOTP: 1986** Featuring The Bangles, Nick Berry, Julian Cope and Paul Hardcastle.
8.30 **TOTP: 1990** Performances by Pet Shop Boys, Maria McKee and Technotronic.
9.00 **An Evening with Glen Campbell** From the Royal Festival Hall in 1977.
10.20 **Tammy** Tammy Wynette and her band perform.
10.45 **Crystal Gayle: Sing Country Special 1978** From Snape Maltings, Suffolk.
11.10 **Country Music by Ken Burns** The history of the US art form and how it evolved from so-called 'hillbilly music'.
12.50 AM **Glen Campbell: The Rhinestone Cowboy** The country music star.
1.50 **TOTP: 1998** Double bill.
2.50 **TOTP: 1986** As 8.00pm.
3.25 **to 3.55** AM **TOTP: 1990**

MORE4

136/137 127 147 18 124 15

8.55 AM **A New Life in the Sun**
11.00 **Chateau DIY** Double bill.
1.05 PM **Four in a Bed** Back-to-back editions.
3.50 **Car S.O.S.** Tim Shaw and Fuzz Townshend work on a Bedford HA ice-cream van. **4.50** Tim and Fuzz head to Leicester to pick up an Mk 3 Ford Cortina to restore.
5.50 **Escape to the Chateau** Dick Strawbridge and Angel Adoree make plans to host weddings in the grounds of their renovated property.
6.55 **The Dog House Australia** Lily and her family meet a pug at Animal Welfare League NSW dog sanctuary.
7.55 **The Dog House** A jittery retriever who has been spooked by some fireworks arrives at Woodgreen.
9.00 **The Wall: The Orchard** New episode 2/8. Céline wants to reopen a murder case, and Alex investigates the death of Marie-Thérèse. Subtitled. In French. (S3)
10.00 **24 Hours in A&E** A 47-year-old man with critical injuries to his arm and leg. **11.05** A cancer patient develops a swelling in her throat that may be a side effect of a new procedure.
12.10 AM **999: On the Front Line** A man has chest pains.
1.15 **24 Hours in A&E**
3.25 **to 3.55** AM **Food Unwrapped's South Korean Adventure**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Simpsons**
10.00 **The Big Bang Theory**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** 3-6/24. (S9)
2.00 PM **Brooklyn Nine-Nine**
3.00 **The Simpsons** Double bill.
4.00 **The Big Bang Theory** Back-to-back episodes.
6.00 **The Simpsons** Double bill.
7.00 **The Simpsons** *Eeny Teeny Maya Moe:* Moe joins an online dating agency. **7.30** *Simpsorama: Futurama's* Planet Express crew turn up in Springfield.
8.00 **First Dates** Stand-up comedian Mani is paired with 30-year-old nursing home owner Natasha.
9.00 FILM **Snake Eyes** Action adventure starring Henry Golding. A tenacious loner saves the life of a member of an ancient Japanese clan, and is inducted into their ranks where he learns the ways of a ninja. With Andrew Koji. (2021, 12, 121min) ★★★
11.20 **Naked Attraction**
1.25 AM **Gogglebox**
2.25 **Below Deck Sailing Yacht**
3.15 **The Simpsons**
3.45 **Modern Family**
5.00 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hr 235/236 306 30 123 256

Friday primetime primetime

FRIDAY Entertainment

Friday

Sky Witness

107 107 110 341 356

6.00 AM **Motorway Patrol**
7.00 **Border Security: Canada's Front Line** Double bill.
8.00 **Border Patrol**
9.00 **Nothing to Declare**
9.30 **Border Security USA** The coastguards rescue a boat containing migrants.
10.30 **Caught Red Handed**
12.00 NOON **Customs UK**
2.00 PM **Stop, Search, Seize** Documentary following the work of Ireland's border force.
3.00 **Caught on Dashcam**
4.00 **Nothing to Declare**

9.00 Law & Order: SVU

7 PM
7.00 **Caught on Dashcam** Fly-on-the-dashboard documentary showcasing outrageous road disasters, captured on video.

8 PM
8.00 **Caught on Dashcam** A countdown of the most incredible, hilarious and spectacular real-life crashes in the world.

9 PM
9.00 **Law & Order: Special Victims Unit** *Excavation:* 2/22. Bad memories come back to a woman when she finds an old notebook.

10 PM
10.00 **Law & Order: Special Victims Unit** *Divide and Conquer:* 3/22. A party ends with an assault and home invasion. (S26)
11.00 **The Equalizer** 6/10. A former agent is poisoned. (S4)
12.00 M'T **The Equalizer** 7/10. (S4)
1.00 AM **The Good Doctor** (S4)
2.00 **Law & Order: Special Victims Unit** 12&13/13. (S25)
4.00 **Nothing to Declare**
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Hotels of Hong Kong.
7.00 **Urban Secrets**
8.00 **Boardwalk Empire** (S3)
10.10 **Homicide: Life on the Street**
12.15 PM **Game of Thrones** (S4)
1.25 **My Brilliant Friend** 1/8. (S2)
2.35 **Boardwalk Empire** (S3)
4.40 **Homicide: Life on the Street** 5/22. An FBI agent interviews the squad about Kellerman. **5.45** 6/22. A newspaper has a story about Kellerman. (S5)
6.50 **Game of Thrones** 4/10. Tyrion strikes a deal. (S6)

10.15 Succession

7.55 **Game of Thrones** *The Door:* 5/10. Tyrion seeks a new, strange ally, and Brienne goes on a mission while Arya is given a chance to prove herself. (S6)

9.00 **Task** *Vagrants:* 5/7. The team get closer to a break in the case, Robbie puts his plan in motion and Perry pays Maeve a visit. (S1)

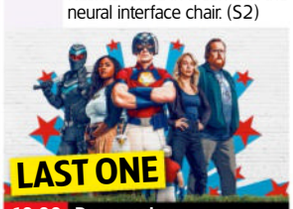
10.15 **Succession** *Chiantishire:* 8/9. In the penultimate episode, the Roy family come together to attend a wedding in Italy. (S3)
11.30 **The Sopranos** 8/13. Furio visits Italy to see his father, and Ralph cannot wait to show off his new girlfriend to Tony. (S4)
12.30 AM **Gomorrah** 3&4/12. (S4)
2.25 **Game of Thrones** (S6)
4.35 **In Treatment** (S1)
5.05 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S4)
8.00 **The Flash** 15/20. (S8)
9.00 **Stargate Universe** (S2)
11.00 **SEAL Team** 12/16. (S4)
12.00 NOON **The Flash** 16/20. (S8)
1.00 PM **Hawaii Five-0** (S4)
3.00 **S.W.A.T.** 4/22. (S1)
4.00 **NCIS: New Orleans** 6/16. A trawler is hit by a torpedo. (S7)
5.00 **SEAL Team** 11/16. Jason is put on trial with a potential career-ending outcome. (S4)
6.00 **Stargate Universe** 15/20. Rush is found in a coma in the neural interface chair. (S2)



10.00 Peacemaker

7.00 **Stargate Universe** *The Hunt:* 16/20. Lt Johansen and Corp Reynolds are kidnapped during an off-world expedition. (S2)

8.00 **An Idiot Abroad 2** 7/8. Karl Pilkington prepares for his final journey, a trek to the summit of Mount Fuji in Japan.

9.00 **Rob & Romesh vs Drag** The duo dive into the world of drag queens, before performing in front of an audience.

10.00 **Peacemaker** Series finale *Full Nelson:* 8/8. Superhero action comedy with John Cena and Danielle Brooks. (S2)
11.10 **Romesh: Can't Knock the Hustle** 3/4. The presenter explores self-improvement, celebrating his body with a Korean photoshoot.
12.10 AM **The Force: Manchester**
2.00 **Road Wars** Documentary.
3.00 **S.W.A.T.** 4/22. (S1)
4.00 **NCIS: New Orleans** (S7)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
8.40 **Billie and Greg**
9.35 **The Only Way Is Essex**
10.20 **Real Housewives of Potomac**
11.10 **Real Housewives of New Jersey** Reality series.
12.05 PM **Dinner Date**
1.05 **Billie and Greg**
2.05 **The Only Way Is Essex**
3.05 **Real Housewives of Cheshire**
4.05 **Real Housewives of Potomac** New edition Reality series.
5.00 **Real Housewives of New...**
6.00 **Celebrity Catchphrase**

11.05 American Dad!

7.00 **Deal or No Deal** Stephen Mulhern hosts as another contestant takes on the Banker for the chance to win life-changing money.

8.00 **The 1% Club** Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.

9.00 **Big Brother: Live Eviction** New edition The most unpopular housemates face a public vote.

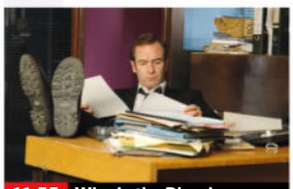
10.15 **Big Brother: Late & Live** New edition AJ Odudu and Will Best present the companion show in front of a live studio audience.
11.05 **American Dad!** New episode 2/22. US animation. (S20)
11.35 **Family Guy** 15/18. (S13)
12.05 AM **Family Guy** (S13&15)
1.05 **Plebs** 5&6/9. (S5)
2.05 **Totally Bonkers Guinness World Records**
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **The Royal**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.05 **Doc Martin** 2/8. (S7)
10.10 **The Royal**
11.10 **Heartbeat** Double bill.
1.20 PM **Classic Emmerdale**
2.25 **Classic Coronation Street**
3.30 **Downton Abbey** 8/9. (S2)
5.00 **Doc Martin** 3/8. The medic moves out of the surgery to give Louisa some space. (S7)
6.00 **Heartbeat** *Blind Justice:* Craddock is smitten by a newcomer's charms.



11.55 Wire in the Blood

7.00 **Heartbeat** *Home Truths:* Vernon and David try to turn their talents to the celebrity catering industry – with spectacular results.

8.00 **Agatha Christie's Poirot** *Appointment with Death:* The sleuth goes to a North African archaeological dig and uncovers a wealth of suspects when an aristocrat's wife is stabbed to death. Guest stars Tim Curry and John Hannah.

10.00 **Agatha Christie's Poirot** *Third Girl:* The death of a former nanny is believed to be suicide until a discovery connects her to a troubled heiress with secrets of her own. Guest stars Jemima Rooper and Zoe Wanamaker.
11.55 **Wire in the Blood** *Nothing But the Night:* 3/4. The team struggle to build a profile. (S3)
1.40 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Snow Dogs** Film-maker Gordon Buchanan takes on a dog-sledding trail in the Yukon.
8.30 **Sacked in the Morning** With Jason McAteer.
9.00 **The Boxer** Documentary about Scotland's first professional female boxer, Kristen Fraser.
10.00 **Still Game** 3/6. Jack and Victor board a Dial-a-Bus tour. (S4)
10.30 **A View from the Terrace** New edition A sideways look at Scottish football.
11.15 NEW SERIES **Breaking the News** The return of the comedy news quiz, hosted by Des Clarke.
11.45 PM **to 12.00** M'T **Growing Up Scottish** Comedians and entertainers share their experiences of work.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S4)
9.00 **The Conners** (S1)
10.00 **Sex and the City** (S1)
11.20 **Girls** 3&4/10. (S6)
12.40 PM **The Office (US)**
1.40 **The Conners** (S1&2)
2.40 **The Office (US)** (S4)
3.40 **Will & Grace** (S4)
4.40 **Sex and the City** (S1)
5.45 **The Office (US)** (S4)
6.45 **Will & Grace** (S4)
7.45 **Sex and the City** 8/12. Carrie discovers a secret. **8.25** 9/12. Carrie receives worrying news from Big. (S1)
9.00 **Rose Matafeo: On and On and On**
10.15 **And Just Like That...** *Present Tense:* 9/12. Carrie is forced to confront lingering trust issues. (S3)
10.55 **Entourage** 7&8/10. (S7)
12.10 AM **Girls** 6&7/12. (S3)
1.30 **Veep** 4&5/10. (S4)
2.50 **Curb Your Enthusiasm**
4.20 **to 5.00** AM **Silicon Valley**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **André Rieu & the Dutch Royal Family**
8.00 **Artist of the Year: Masterclass**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Portrait Artist of the Year: The Exhibition**
3.00 **The Art Mysteries**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Dolly Parton: Song by Song** Double bill.
9.00 **Opry Live** New edition With Trisha Yearwood and Jordan Davis.
10.00 **Bee Gees: One Night Only** From 1997.
12.10 AM **Billy Joel: Live in Rome** From 2006.
2.45 **Women Who Rock**
4.00 **Inside Art Special**
5.00 **to 6.00** AM **Auction**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: Canada's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: Canada's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Stargate Atlantis** (S1)
5.00 **Stargate SG-1** (S8)
6.00 **Star Trek: Voyager** (S3)
7.00 **Star Trek: The Next Generation** 23/26. (S3)
8.00 **Star Trek: Deep Space Nine** 3/26. (S5)
9.00 **Forensics: Catching the Killer** The 1989 discovery of two murder victims in Pembrokeshire.
11.00 **Grimm** 21/22. (S1)
12.00 M'T **Warehouse 13** (S1)
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: Frontline Crime UK** Documentary.
3.00 **The Force: North East**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Quiz show.
10.00 **Tipping Point** Triple bill of the quiz show hosted by Ben Shephard.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** A team of five family members take part in the game show.
3.00 **Ant & Dec's Limitless Win** Two teams take on the money ladder.
4.00 **Tenable** A team of workmates answer Top 10 list questions.
5.00 **Deal or No Deal** Double bill of the show hosted by Stephen Mulhern.
7.00 **Lingo** Double bill of the word-based quiz show hosted by Adil Ray.
9.00 **Wheel of Fortune** Graham Norton hosts as Hannah, Samuel and Sophie compete.
10.00 **Tipping Point** Triple bill of the quiz show hosted by Ben Shephard.
12.50 AM **Wheel of Fortune** With Graham Norton.
1.45 **to 2.00** AM **Unwind**

Great! TV

157 167 170 34 32

8.00 AM **Diagnosis Murder**
10.00 **Little House on the Prairie** 13&14/24. (S6)
12.00 NOON **Highway to...**
1.00 PM **Diagnosis Murder**
3.00 **Murder, She Wrote**
4.00 **Born and Bred** 5/6. (S1)
5.10 **Down to Earth** 6/6. (S1)
6.20 **A Fine Romance** (S4)
6.50 **Dear John** 5/7. (S1)
7.25 **Home to Roost** (S4)
7.55 **The Fall and Rise of Reginald Perrin** (S1)
8.30 **Rising Damp** 5/6. (S4)
9.00 FILM **Up Close & Personal** Drama. (1996, 15, 124min) ★★
11.35 **Rising Damp** 5/6. (S4)
12.05 AM **Man About the House** 1/6. (S5)
12.35 **M*A*S*H** 5&6/24. (S2)
1.35 **Dear John** 5/7. (S1)
2.10 **The Fall and Rise of Reginald Perrin** (S1)
2.40 **Home to Roost** (S4)
3.05 **Born and Bred** (S1)
4.05 **to 4.50** AM **Highway to Heaven**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **World of Sport**
6.10 **The Saint**
7.10 **Kojak**
9.20 **Magnum, PI**
11.20 **Robin of Sherwood**
12.25 PM **Kojak**
1.30 **Made in Britain**
2.00 LIVE **FIA Extreme H World Cup** Day two features head-to-head duels in Qiddiya City.
3.00 **World of Sport**
3.15 **Magnum, PI**
4.20 **The Saint**
5.25 **American Pickers**

9.00 Die Hard 4.0

6.25 **British Touring Car Championship Highlights** Action from the final weekend of the season at Brands Hatch.
8.00 **Ice Road Truckers** TJ is under investigation for negligent driving and Jay transports the heaviest piece of equipment so far.
9.00 FILM **Die Hard 4.0** Action thriller sequel starring Bruce Willis. Tough cop John McClane goes on the trail of a criminal mastermind plotting a technological terror attack on America. (2007, 15, 128min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.40 **Wrestling: AEW Dynamite** Hard-hitting action from the world of All Elite Wrestling.
1.35 AM **Dark Side of the Ring** Johnny K9 leads a double life while playing a brute.
2.25 **The Protectors** 3/26. (S1)
2.55 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 10/22. (S2)
12.00 NOON **Star Trek: Enterprise**
1.00 PM **Star Trek: Deep Space Nine** 24/26. (S2)
2.00 **Warehouse 13** 3&4/13. (S3)
4.00 **Star Trek: The Next Generation** 10/22. (S2)
5.00 **Stargate Atlantis** 8/20. (S5)
6.00 **Star Trek: Enterprise** 2/26. T'Pol relates a story of how her great-grandmother first contacted humans. (S2)

9.00 The Crazies

7.00 **Star Trek: Deep Space Nine** *The Collaborator:* 24/26. Bareil and Wynn compete to be Bajor's spiritual leader. (S2)
8.00 **Stargate Atlantis** *The Queen:* 8/20. Dr Keller thinks she can cure the Wraith of their need to feast on humans. (S5)
9.00 FILM **The Crazies** Horror thriller remake starring Timothy Olyphant. Three locals set out to find a safe haven when the residents of their small town turn into homicidal maniacs. (2010, 15, 101min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.00 FILM **The Accursed** Horror starring Mena Suvari. A woman is asked to look after an elderly lady living in a remote cabin, but discovers there is a demon lurking. (2022, 15, 90min) ★★
1.00 AM **Warehouse 13** (S3)
3.00 **Chucky** 1&2/8. (S2)
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S15)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 12/24. (S3)
11.00 **Hudson & Rex** 4/16. (S1)
12.00 NOON **Body of Proof** (S3)
1.00 PM **Death in Paradise** (S10)
2.00 **Murdoch Mysteries** (S15)
4.00 **The Mentalist** 12/24. (S3)
5.00 **Hudson & Rex** 4/16. When a university professor is found dead in his classroom, Charlie and Rex investigate leads. (S1)
6.00 **Father Brown** *The Requiem for the Dead:* A child killer is found murdered.

4.00 The Mentalist

7.00 **Body of Proof** *Abducted:* 1/13. Part one of two. Megan looks into deaths of five veterans of the war in Afghanistan. (S3)
8.00 **Death in Paradise** *Music to My Ears:* 5/9. A renowned pianist is shot dead during an apparent burglary. (S10)
9.00 **Death in Paradise** *A Stormy Occurence:* 7/8. The team are called to investigate the death of a meteorologist. (S2)
10.05 **Father Brown** *The Two Deaths of Hercule Flambeau:* The sleuth protect a crown that has a nail from the crucifixion.
11.05 **Father Brown** As 6.00pm.
12.05 AM **White Collar** 4/16. Neal and Peter investigate a widow about to receive a huge life insurance payment. (S4)
1.00 **Death in Paradise**
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.00 AM **Highlights**
8.20 **Last of the Summer Wine**
9.40 **Hi-de-Hi!**
10.20 **Porridge**
11.00 **Last of the Summer Wine**
12.20 PM **Don't Wait Up**
1.00 **The Green Green Grass**
1.40 **Dad's Army**
2.20 **Porridge**
3.00 **Last of the Summer Wine**
4.20 **Don't Wait Up**
5.00 **The Green Green Grass**
5.40 **Hi-de-Hi!**
6.20 **Porridge**

6.20 Porridge

7.00 **Only Fools and Horses** Rodney decides to set up a business to rival Del.
7.40 **dinnerladies** Bren becomes excited about her holiday with Tony. **8.20** A convict escapes on his way to Strangeways, and Bren is upset by Tony's holiday snaps.
9.00 **The Royle Family** The family prepare for baby David's christening. **9.35** Nana is in mourning for her friend, but her grief tries Jim's patience.
10.10 **Live at the Apollo** Jason Manford, Chris Ramsey and Doc Brown perform stand-up sets in London.
11.15 **dinnerladies** Double bill.
12.35 AM **The Royle Family** Jim embarks on a spot of DIY. **1.10** Denise is avoiding doing anything for Baby David.
1.50 **Live at the Apollo**
2.50 **dinnerladies** As 8.20pm.
3.20 **to 4.00** AM **The Royle Family**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Pointless** Quiz show.
8.00 **Special Ops: Crime Squad UK** Double bill of editions.
10.00 **Extreme Salvage Squad**
12.00 NOON **Celebrity Storage Hunters** Double bill.
2.00 PM **Extreme Salvage Squad**
3.00 **Top Gear** Double bill.
5.00 **Rick Stein's Road to Mexico** The chef goes on a journey from San Diego to Tijuana.
6.00 **The Hairy Bikers' Chicken and Egg** Dave and Si cook chicken tagine with preserved lemons and olives in Morocco.

2.00 Extreme Salvage Squad

7.00 **Would I Lie to You?** With guests Les Dennis, Richard Osman, Alice Levine and Lou Sanders. **7 PM**
7.40 **Richard Osman's House of Games** With Olga Koch and Gareth Thomas. **8.20** Hugh Fearnley-Whittingstall, Jodie Kidd and Suzi Perry take part. **8 PM**
9.00 **QI XL** Stephen Fry asks Clive Anderson, Phill Jupitus, Rich Hall and Alan Davies questions on the subject of the Greeks. **9 PM**
10.00 **Have I Got a Bit More News for You** Anna Maxwell Martin hosts, with Steph McGovern and Chris McCausland. **10 PM**
11.00 **8 Out of 10 Cats** With Ella Eyre, Pamela Anderson, Kerry Godliman and Joe Wilkinson.
11.45 **Mock the Week** With Milton Jones and Thanyia Moore.
12.25 AM **Would I Lie to You?**
1.45 **I'll Get This** Triple bill.
3.35 **to 4.00** AM **Judge Romesh**

+1 hour 211/212 327 74 259

4seven

137/138 163 143 49 127 16

9.00 AM **Find It, Fix It, Flog It**
10.00 **Sun, Sea and Selling Houses** From Málaga.
11.00 **Help! We Bought a Village** Documentary.
12.00 NOON **George Clarke's Amazing Spaces**
1.00 PM **A Place in the Sun**
3.00 **Come Dine with Me**
5.30 **Four in a Bed**
6.00 **A Place in the Sun**
7.00 **Kirstie and Phil's Love It or List It** A couple from Chester need help deciding whether to sell or renovate their home.
8.00 **George Clarke's Homes in the Wild** George visits Rakino Island, off New Zealand.
9.00 **24 Hours in A&E**
10.00 **Social Media Monsters**
11.05 **Gogglebox**
12.05 AM **Celebrity Gogglebox**
1.05 **Worlds Apart**
2.20 **Mitchell and Webb Are Not Helping**
2.50 **Taskmaster**
3.50 **to 4.45** AM **Joe Wicks: Licensed to Kill**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 8-10/24. (S11)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Honour Thy Father:* 24/24. Gibbs learns that his father has passed away. (S11) **7.00** *Twenty Klicks:* 1/24. Gibbs and McGee travel to Russia to escort a computer expert. **8.00** *Kill the Messenger:* 2/24. A Navy Lieutenant is murdered on his way to meet the President. (S12)
9.00 **Person of Interest** *Mors Praematura:* 6/23. The Machine has a mission for Root and Shaw. **10.00** *The Perfect Mark:* 7/23. Carter tries to protect Laskey when Simmons and Terney ask him to kill. (S3)
11.00 **Law & Order: Special Victims Unit** (S22)
2.45 AM **Wild Cards** (S1)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Shoplifters: Caught Red Handed**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Dogs Behaving (Very) Badly**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 FILM **Den of Thieves** Crime drama starring Gerard Butler. The Los Angeles county sheriffs' department hunts a gang of criminals plotting an audacious bank heist. (2018, 15, 137min) ★★★
11.50 **Motorway: Hell on the Highway** Double bill.
1.50 AM **Banged Up Abroad**
2.40 **Police Interceptors**
3.30 **Home and Away**
3.55 **to 4.00** AM **Entertainment News**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.10 **Outback Truckers**
10.05 **Trucking Hell**
11.05 **Traffic Cops**
12.05 PM **Police Interceptors**
2.05 FILM **Gunpoint** Western drama starring Audie Murphy and Joan Staley. A sheriff goes in pursuit of a gang of train robbers. (1966, U, 90min) ★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
9.00 FILM **The Taking of Pelham One Two Three** Thriller about the hijacking of a New York subway train, starring Walter Matthau and Robert Shaw. (1974, 15, 104min) ★★★★
11.05 **Police Code Zero: Officer Under Attack**
12.05 AM **MacGyver** (S3)
1.05 **999: Criminals Caught on Camera**
2.05 **to 4.00** AM **Trucking Hell**

U&W

132/133 131/133 125 25 156 28

6.10 AM **Nick Knowles' Big House Clearout**
7.00 **Tipping Point**
10.00 **Property Brothers: Forever Homes**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
6.00 **DIY SOS: The Big Build**
7.00 **MasterChef Australia** New edition The contestants take on an elite service challenge.
8.00 **Inside the Ambulance** Tending to a schoolboy who has had a seizure.
9.00 **999 Rescue Squad** A woman fights for her life after being knifed. **10.00** A paramedic climbs into a crushed car precariously balanced over a river.
11.00 **Absolutely Fabulous**
1.00 AM **Interior Design Masters with Alan Carr**
2.15 **to 3.00** AM **Inside the Ambulance**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.30 AM **Soldier, Soldier**
8.30 **Doctors**
9.50 **Classic Holby City**
10.50 **Classic Casualty**
11.55 **The Bill**
1.00 PM **Classic EastEnders**
2.20 **Soldier, Soldier**
3.20 **Monarch of the Glen**
4.20 **London's Burning**
5.25 **The Upper Hand**
6.00 **Terry and June**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Father Brown**
9.00 **Sister Boniface Mysteries** New episode *Are Ye' Dancin'?* 3/8. A ceilidh band member is murdered. (S4)
■ Entire series on U
10.00 **New Tricks**
11.20 **Spooks** 6/8. (S9)
12.40 AM **Lovejoy**
1.40 **The Upper Hand**
2.20 **Terry and June**
2.55 **to 4.00** AM **A Remarkable Place to Die**

+1 hr 243 316 60 260

Really

142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** From Portugal.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
2.00 **Money for Nothing**
3.00 **Antiques Road Trip**
5.00 **The Derbyshire Auction House**
7.00 **Antiques Road Trip** Natasha Raskin Sharp and Philip Serrell go hunting for antiques around Scotland. **8.00** Natasha and Phil head to their final auction in Wales.
9.00 **Yorkshire Air 999** New edition The crew fly to a patient who has sliced his leg with a circular saw.
10.00 **Helicopter ER**
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Double bill.
11.00 **The Chase** Quiz show.
12.00 NOON **Who Wants to Be a Millionaire? Celebrity Special**
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill.
4.00 **Who Wants to Be a Millionaire? Celebrity Special** Quiz show.
5.00 **The Bidding Room**
7.00 **The Chase Celebrity Special** Louise Hazel, Joel Dommett, Sinitta and Les Dennis take part in the quiz show.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Classic Who Wants to Be a Millionaire?** Quiz hosted by Chris Tarrant.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **The Chase**
4.00 AM **The Crystal Maze**
5.00 **to 6.00** AM **Bullseye**

Great! Action

323 319 426 42 33

9.10 AM **Tombstone Territory** Double bill.
10.20 **FILM Fort Ti** Western. (1953, U, 73min) ★
12.00 NOON **Tombstone Territory** Double bill.
1.00 PM **FILM The Way West** Action Western. (1967, PG, 122min) ★★
3.30 **Wanted: Dead or Alive**
4.00 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The Persuaders!**
7.00 **The Avengers** (S5)
9.00 **FILM Lone Wolf McQuade** Action drama. (1983, 15, 107min) ★
11.20 **FILM Firewalker** Action adventure. (1986, 15, 104min) ★
1.45 AM **The Avengers**
3.35 **Cops Uncut**
4.00 **FILM Bermuda Tentacles** Sci-fi thriller. (2014, 12, 86min) ★★
5.25 **to 5.50** AM **Wild West Chronicles**

+1hour 324

Great! Mystery

321 318 425 50 48

7.10 AM **FILM Stolen in Her Sleep** (2021, PG) ★★
9.10 **Murder, She Wrote**
10.10 **Unforgettable** (S2)
11.10 **Castle** 17/24. (S2)
12.10 PM **FILM Flower Shop Mystery: Mum's the Word** (2016, U) ★★
2.05 **FILM The Gourmet Detective: A Healthy Place to Die** (2015) ★★
4.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 18/24. (S2)
8.00 **Unforgettable** (S2)
9.00 **FILM Flower Shop Mystery: Snipped in the Bud** (2016, PG) ★★
10.55 **FILM An Aurora Teagarden Mystery: A Game of Cat and Mouse**
12.50 AM **FILM True Justice** Thriller. (2023, PG) ★★
2.40 **FILM Deadly Patient**
4.15 **to 5.40** AM **FILM Killer Cove** (2018, PG) ★★

+1hour 322

Great! Christmas

319 317 424 52 47

8.00 AM **FILM Snowbound for Christmas** (2019)
10.00 **FILM Christmas Bells Are Ringing** (2018) ★★
12.00 NOON **FILM Christmas Cookies** (2016, PG) ★★
2.00 PM **FILM A Christmas to Savour** Drama. (2021, U, 85min) ★★
4.00 **FILM A Christmas Recipe for Romance** Drama. (2019, U) ★★
6.00 **FILM A Gingerbread Romance** Drama. (2018, PG, 90min) ★★
8.00 **FILM Christmas Under the Stars** Drama. (2019, U, 90min) ★★
9.55 **FILM Dancing Through Christmas** Drama. (2021, PG, 90min) ★★
11.55 **FILM Christmas on the River** Romantic comedy. (2019, PG, 88min) ★★
1.50 AM **FILM Deck the Heart** (2023, PG) ★★
3.20 **to 4.50** AM **FILM A Christmas to Savour**

+1hour 320

Rewind TV

182 81 141

6.00 AM **Highlights**
9.00 **Bubblegum & Cheese**
10.00 **I Dream of Jeannie**
10.30 **Soap** 23/25. (S1)
11.00 **In Loving Memory** (S4)
11.30 **Michael Horden, Going Home**
12.00 NOON **Please Sir!** (S4)
12.30 PM **You're Only Young Twice** 8/8. (S2)
1.00 **From Here to Eternity**
3.00 **Bramwell** 1/8. (S2)
4.00 **The Fantastic Journey**
5.00 **A Sharp Intake of Breath** 2/6. (S2)
5.30 **In Loving Memory** (S4)
6.00 **Don't Drink the Water**
6.30 **Soap** 23/25. (S1)
7.00 **Fantasy Island** (S1)
8.00 **Bramwell** 1/8. (S2)
9.00 **Dark Skies** 7/20. (S1)
10.00 **The Fantastic Journey**
11.00 **Brass** 1/13. (S2)
11.30 **Stereo Underground**
12.30 AM **FILM Someone Behind the Door** Drama. (1972, 15, 97min) ★★
2.15 **to 6.00** AM **Highlights**

DMAX

159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Maine Cabin Masters**
12.00 NOON **Alaskan Bush People** Documentary.
1.00 PM **Expedition Bigfoot**
2.00 **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Double bill.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Sig and Mandy rush to re-join the fray ahead of a fast-moving ice edge. **8.00** Josh and Casey apply frontier medicine to a bleeding deck boss.
9.00 **Wheeler Dealers: Dream Car** Double bill.
11.00 **Marooned with Ed Stafford** Gobi Desert.
12.00 M'T **British Speedway**
1.00 AM **Naked and Afraid: Alone** Documentary.
2.00 **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **James' Brittany**
7.00 **Paul Hollywood: City Bakes** Double bill.
8.00 **The Pioneer Woman**
9.00 **Jamie's Easy Meals for Every Day**
10.00 **Tom Kerridge Barbecues**
11.00 **Great British Bake Off**
12.30 PM **30 Minute Meals**
1.00 **James Martin's American Adventure**
2.00 **James Martin: Sweet**
3.00 **Paul Hollywood: City Bakes** Double bill.
4.00 **The Pioneer Woman**
5.00 **Jamie's Easy Meals for Every Day**
6.00 **Tom Kerridge Barbecues**
7.00 **Great British Bake Off**
8.30 **30 Minute Meals**
9.00 **Nigel's Simple Suppers**
10.00 **Paul Goes to Hollywood**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Guy's Grocery Games**

+1hour 240/241 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 20/28. (S1)
9.00 **The Fall Guy** 23/23. (S4)
10.00 **Charlie's Angels** (S2)
11.00 **FILM Avalon: Beyond the Abyss** Adventure. (1999, PG, 86min) ★★
1.00 PM **FILM The Lost Continent** Adventure. (1968, PG, 98min) ★★★
2.45 **FILM Voyage to the Bottom of the Sea** Sci-fi adventure. (1961, U, 105min) ★★★
5.00 **Star Trek** 4/26. (S2)
6.00 **Charlie's Angels** (S2)
7.00 **The Fall Guy** 2/22. (S5)
8.00 **Walker, Texas Ranger**
9.00 **FILM Hitman** Thriller. (2007, 15, 100min) ★★★
10.55 **FILM The Replacement Killers** Action thriller. (1998, 18, 86min) ★★
12.40 AM **FILM Renegades** Action adventure. (2017, 15, 106min) ★★
2.45 **to 4.50** AM **FILM Pandorum** Sci-fi horror. (2009, 15, 108min) ★★★

Legend Xtra

317 316 171 69 138 51

6.00 AM **FILM 2021: War of the Worlds** As 5.00pm.
8.00 **FILM Apocalypse of Ice** Disaster epic. (2020, PG, 88min) ★★
10.00 **Andromeda** 19/22. (S2)
11.00 **FILM Night of the Big Heat** Sci-fi chiller. (1967, 18, 94min) ★
1.00 PM **FILM Polar Storm** Sci-fi action thriller. (2009, PG, 92min) ★★
3.00 **Andromeda** 19/22. (S2)
4.00 **Six Million Dollar Man**
5.00 **FILM 2021: War of the Worlds** Sci-fi thriller. (2021, 12, 78min) ★★
7.00 **Andromeda** 20/22. (S2)
8.00 **Six Million Dollar Man**
9.00 **FILM 47 Ronin** Fantasy starring Keanu Reeves. (2011, 12, 119min) ★★
11.15 **FILM The Butterfly Room** Horror thriller. (2012, 15, 87min) ★★
1.00 **to 3.00** AM **FILM The Resident** Horror thriller. (2011, 15, 91min) ★★

+1hour 318 371 139

Blaze

164 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** Highlights.
6.40 **Junk and Disorderly**
7.35 **Auction Hunters**
8.00 **Flipping Bangers**
8.55 **Hardcore Pawn**
10.15 **UFOs: Lost Evidence**
11.10 **The UnXplained with William Shatner**
12.10 PM **Secrets in the Ice**
1.05 **Pawn Stars**
2.05 **Junk and Disorderly**
3.05 **Flipping Bangers**
4.00 **Ancient Aliens**
6.00 **UFOs: Lost Evidence**
7.00 **Container Wars**
8.00 **Dickinson's Real Deal**
9.00 **Strange Evidence**
10.00 **What on Earth?**
11.00 **The UnXplained...**
12.00 M'T **Paranormal Survivor** Documentary.
1.00 AM **UFOs: Lost Evidence**
2.00 **Ancient Aliens**
3.45 **Court Cam** Double bill.
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **Inside the Tower of London** Double bill.
11.00 **Ben Fogle: New Lives...**
12.00 NOON **Sue Perkins: Lost in Alaska**
1.00 PM **The Yorkshire Vet**
2.00 **Murder, She Wrote**
3.00 **Columbo**
5.00 **Inside the Four Seasons: Park Lane**
6.00 **Inside the Tower of London** Documentary.
7.00 **Inside the Tower of London: Building the World's Greatest Castle**
8.00 **Ben Fogle: New Lives in the Wild** In Sweden.
9.00 **Strictly Come Dancing: Secrets & Scandals**
11.00 **Prisoner: Cell Block H**
1.00 AM **FILM The Christmas Checklist** Drama. (2022, U, 90min) ★★
2.45 **Paul Martin's Antiques Showdown**
3.35 **Cruising with Jane McDonald**
3.55 **to 4.00** AM **Entertainment News**

HGTV

158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home** Six editions.
2.00 PM **A Place in the Sun**
3.00 **Derelict Rescue**
4.00 **Escape to the Country**
6.00 **A Place in the Sun**
8.00 **Escape to the Country**
9.00 **My Lottery Dream Home** Four editions of the series, including at: **10.00** A New York couple need to compromise on a home in Port St. Lucie, Florida. **10.30** Some gated community stunners for a couple to choose from in Jacksonville, Florida.
11.00 **Home Town**
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**

+1hour 258/262 391

TLC

133/134 139 165

7.00 AM **My Lottery Dream Home** Four editions.
9.00 **Say Yes to the Dress**
11.00 **Say Yes to the Dress: Atlanta** Reality series.
12.00 NOON **1000-lb Sisters**
2.00 PM **Return to Amish**
3.00 **Outdaughtered: Busby Quints**
5.00 **Little People, Big World**
6.00 **My 600lb Life**
8.00 **Dr Pimple Popper** Jeremy is a pastor with a hanging growth in an embarrassing location.
9.00 **My 600lb Life** Dolly has gotten too comfortable at 600lbs and avoids taking any responsibility.
11.00 **My Extreme Excess Skin**
12.00 M'T **Sex Sent Me to the ER** Medical series.
1.00 AM **Extreme Couponing**
2.00 **My 600lb Life**
4.00 **Dr Pimple Popper**
5.00 **to 6.00** AM **My Lottery Dream Home**

+1hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Last Man Standing**
9.00 **Everybody Loves Raymond** (S3&4)
11.00 **Spin City** 18-21/24. (S1)
1.00 PM **Friends** (S1)
8.00 **Friends** 23/24. Carol gives birth to a son. **8.30** 24/24. Ross's true feelings are revealed. (S1)
9.00 **Michael McIntyre's Big Show** With Peter Andre.
10.00 **Iain Stirling's Roast the Internet** With Ellie Taylor.
11.00 **Mike Judge's Beavis and Butt-Head** New episode (S3)
11.30 **8 Out of 10 Cats Uncut**
12.20 AM **Comedy Central Live**
1.20 **Whose Line Is It Anyway? USA**
2.20 **Key & Peele**
2.45 **Reno 911!** 6/13. (S3)
3.05 **Michael McIntyre's Big Show** As 9.00pm.
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Criminally Funny**
10.30 **Most Ridiculous Ever!**
11.00 **Friends** 8-11/24. (S9)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.30 **Takeshi's Castle**
4.00 **Guessable?**
5.00 **Everybody Loves Raymond** (S3&4)
7.00 **Spin City** 18-21/24. (S1)
9.00 **Rhod Gilbert's Growing Pains** With Jimmy Carr.
10.00 **Friends** 13-16/18. (S10)
12.00 M'T **Russell Howard: Wonderbox** Stand-up.
1.00 AM **Jason Byrne: Audience Precipitation**
2.00 **Nigel Ng: The Haiyaa Special** Stand-up.
3.00 **The Alternative Comedy Experience**
3.45 **FILM Cursed Friends** Comedy starring Jessica Lowe and Will Arnett. (2022, 15, 87min) ★★
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay

152 160 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **The Rookie: Feds** (S1)
11.00 **The Cleaning Lady** (S3)
1.00 PM **Motorway Patrol**
2.00 **Highway Patrol**
3.00 **911 Crisis Centre**
4.00 **Caught on Dashcam**
5.00 **Motorway Patrol**
6.00 **Bondi Rescue**
7.00 **The Cleaning Lady** *Velorio:* 7/12. Ramona sets out to get revenge. **8.00** *Know Thy Enemy:* 8/12. Fiona asks Russo for help with Thony. (S3)
9.00 **SEAL Team** (S3)
11.00 **The Rookie: Feds** (S1)
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own** With Tyson Fury.
2.00 **Duck Quacks Don't Echo** Lee Mack hosts.
3.00 **Road Wars**
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 137 134 351 366

6.00 AM **The Hills**
6.20 **Teen Mom UK**
7.10 **Teen Mom UK: Next Generation**
8.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Triple bill.
4.00 **Help! I'm in a Secret Relationship!**
6.00 **Catfish UK**
7.00 **Teen Mom 2** The reality stars reunite.
8.00 **The Hills: New Beginnings** Brody laments the state of relations with his father.
9.00 **Skin A&E** Dr Dev Shah faces an eyeball-sized cyst on a patient's cheek.
10.00 **Lindsay Lohan's Beach Club** Reality series.
11.00 **MTV Unplugged: Alicia Keys**
12.00 M'T **MTV Unplugged**
1.00 AM **The Challenge: Double Agents**
2.20 **Ink Master**
3.10 **to 4.00** AM **Geordie OGs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Wheeler Dealers World Tour**
8.00 **Barnwood Builders**
9.00 **Gold Rush** Double bill.
11.00 **Wheeler Dealers**
1.00 PM **Gold Divers** Double bill.
3.00 **Salvage Hunters** Drew enjoys a day at an amusement park. **4.00** Drew prepares for a business launch at high-end retailer Liberty London.
5.00 **Moonshiners** Josh manages to get stuck in a van.
6.00 **Hoffman Family Gold** Hunter seeks new paydirt.

9.00 Expedition Unknown

7.00 **Wheeler Dealers** Elvis convinces Mike to buy a bargain VW Golf convertible, but its bright colour is divisive.
8.00 **Deadliest Catch** When the *Time Bandit* loses power, Johnathan deploys a camera probe to find the problem.
9.00 **Expedition Unknown** New edition Josh dives into the mystery of a Greek sea passage that claimed 58 ships.
10.00 **Expedition Files** A new study shows the Shroud of Turin could be real, and old ghost photos are analysed with new tools.
11.00 **Mystery at Blind Frog Ranch** The team search for an alternate route into the cavern.
12.00 M'T **Blowing Up History** Scanning the ocean floor in search of sunken sphinxes.
1.00 AM **Expedition Unknown**
2.00 **Expedition Files** As 10.00pm.
3.00 **to 5.00** AM **Deadliest Catch**

+1hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **Flying Wild Alaska**
9.00 **Fish or Die** From Mexico.
10.00 **Tanked** A restaurant tank.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **Flying Wild Alaska** A storm threatens to shut down Era Alaska's operations. **4.00** Ariel Tweto takes to the skies but has a lot to learn.
5.00 **Lone Star Law** The wardens investigate the death of a deer.
6.00 **Dr Jeff: Rocky Mountain Vet** The doc performs rare surgery.

10.00 Alaskan Bush People

7.00 **Treehouse Masters** Exploring the treetop getaways of Brazil with South American treehouse builder Ricardo Brunelli.
8.00 **River of No Return** A rancher along the river is threatened by a predatory bear that is stalking the homestead.
9.00 **Alaska: The Last Frontier** Eivin, Atz Lee, Jane and Shane go on a group hunt for deer to fill their freezers.
10.00 **Alaskan Bush People** Gabe is attacked by an aggressive ostrich and loses one of his most prized possessions.
11.00 **Pit Bulls & Parolees** The rescue centre's oldest resident is rehomed.
12.00 M'T **Crikey! It's the Irwins** The family race to save animals.
1.00 AM **River of No Return**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Houston**

+1hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Engineering Europe**
9.00 **Air Crash Investigation**
12.00 NOON **Destruction Decoded**
2.00 PM **WW2: Hell Under the Sea** Werner Henke and his crew face a tough test. **3.00** Two British submarines accidentally target each other.
4.00 **Rise and Fall of the Mayas** The steps that turned the Maya people into a civilisation.
5.00 **Car S.O.S** An Austin 12.
6.00 **Lost Treasures of Egypt** Following a trail of clues towards the tomb of Cleopatra.

5.00 Car S.O.S.

7.00 **Air Crash Investigation** Experts fail to find a bomb when a Taiwanese commuter plane is rocked by an explosion.
8.00 **Air Crash Investigation** How passengers escaped from a plane that veered off a runway and caught fire in August 2005.
9.00 **Air Crash Investigation** Investigating a high-speed collision between two planes in Tenerife.
10.00 **Inside Melbourne Airport** A revolutionary trial faces cancellation, and Border Force new recruit Nelson makes a find.
11.00 **Top Guns: The Next Generation** Documentary.
12.00 M'T **Ice Road Rescue**
1.00 AM **Airport Security: Peru**
2.00 **To Catch a Smuggler**
2.30 **Lords of War**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Exotic Animal ER: Double Dose**

+1hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Rust Valley Restorers**
6.55 **Full Custom Garage** New edition Motoring series.
7.50 **American Pickers**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **Secrets Declassified with David Duchovny**
1.00 PM **Ancient Aliens**
2.00 **Egypt's Unexplained Files**
3.00 **Secrets of Great British Castles** Leeds Castle, Kent.
4.00 **Storage Hunters**
5.00 **Canadian Pickers**
6.00 **American Pickers**

10.00 Ancient Aliens Special...

7.00 **Forged in Fire** The blacksmiths are tasked with recreating the beastly Austro-Hungarian Hussar Saber.
8.00 **Egypt's Unexplained Files** The secrets of health and wealth, from Queen Hatshepsut's death to a case of cancer.
9.00 **Ancient Aliens** New edition A look into why volcanoes seem to be major hotspots for UFO sightings.
10.00 **Ancient Aliens Special Presentation** New edition The factors driving humanity to explore the cosmos.
12.00 M'T **Evil Encounters** Stories of strange encounters in woodland, regarded as hotbed locations of the paranormal.
12.55 AM **Secrets Declassified with David Duchovny** The evidence of mind games.
1.50 **Ancient Aliens** As 9.00pm.
2.50 **Full Custom Garage**
3.40 **Pawn Stars** Documentary.
4.25 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great American Railroad Journeys** Double bill.
8.00 **Bangers & Cash**
10.00 **Secret Nazi Bases**
11.00 **Nazi Hunters** As 5.00pm.
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash**
4.00 **Secret Nazi Bases** Recently-excavated trenches, bunkers, barracks and gun encasements.
5.00 **Nazi Hunters** A Jewish group that hunted its persecutors.
6.00 **Antiques Roadshow** The team pay a second visit to Audley End House, Essex.

8.00 One Foot in the Grave

7.00 **Operation Arctic** Gordon Buchanan discovers how a Canadian town is kept safe from polar bears.
8.00 **One Foot in the Grave** Victor cannot sleep, and ensures Margaret shares in his suffering. **8.40** Victor returns from the shop to find the house has been burgled. **9.20** Margaret is haunted by a nightmare in which she murders her husband.
10.00 **Bangers & Cash** A couple of very different Ford Capris with long histories go head to head at the auction.
11.00 **Bangers & Cash** Derek heads to Sunderland to pick up a real Italian beauty – a 1972 Lancia Fulvia Zagato.
12.00 M'T **Find It, Fix It, Flog It** Henry and Simon explore Wiltshire and Oxfordshire.
1.00 AM **Abandoned Engineering**
2.00 **to 3.00** AM **Operation Arctic**

+1hour 255 329

Friday

7 PM

8 PM

9 PM

10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Drive It** A foldable scooter.
7.00 **Salvage Hunters: Classic Cars**
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Repair Shop**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
5.00 **Find It, Fix It, Drive It**
6.00 **Wheeler Dealers**
7.00 **The Repair Shop** Restoring a rocking chair and a cowbell collar.
8.00 **Shed and Buried** Henry and Sam visit Cornwall. **8.30** Sheds in Redruth, Cornwall.
9.00 **The Repair Shop**
11.00 **How Do They Do It?**
1.00 AM **Shed and Buried: Classic Cars**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress**
7.00 **Say Yes to the Vegas Dress** Reality series.
8.00 **Say Yes to the Dress**
10.00 **Say Yes to the Dress: Atlanta** Double bill.
11.00 **Judge Rinder's Crime Stories** Adele Bellis.
12.00 NOON **Betrayed**
1.00 PM **On the Case with Paula Zahn**
2.00 **Murder on CCTV**
3.00 **A Killer's Mistake**
4.00 **American Monster**
6.00 **Murder Chose Me**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV**
9.00 **A Killer Among Friends** New edition
10.00 **Devil in Suburbia**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Carla Fuqua.
3.00 **to 4.00** AM **FBI Files**

+1hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **The Black Widow Murders** A Canadian woman leaves a trail of lovers falling victim to mysterious illnesses.
8.00 **Murder by the Sea** A manhunt takes place when a woman is found dead on a cliff top.
9.00 **48 Hours** Heidi Firkus calls 911 after her husband says an intruder is breaking in.
10.00 **Murder in Mind** In East Sussex, Lewis Ashdown murdered YouTuber Marc Williams.
11.00 **The Chem-Sex Cannibal: Murder on the Internet**
12.00 M'T **Handsome Devils**
1.00 AM **48 Hours**
2.00 **Murder in Mind**
3.00 **Murder by the Sea**
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Storm of Suspicion**
11.00 **48 Hours** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Storm of Suspicion**
4.00 **48 Hours** The case of Rhonda Casto, who fell to her death whilst on a hike with her boyfriend, Stephen Nichols.
5.00 **Medical Detectives** A renowned surgeon is found murdered in his St Petersburg apartment. **5.30** Police suspect a woman of murdering her husband after his body is discovered. **6.00** A woman appeals against a conviction for killing her mother. **6.30** A murderer sends his victim's family her last will and testament.
7.00 **Judge Judy** Real-life small claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Road Wars**
7.00 **Stop, Search, Seize**
8.00 **Motorway Patrol**
9.00 **Caught on Dashcam**
10.00 **The Real Manhunter**
11.00 **Catching the Killer**
12.00 NOON **How I Caught...**
1.00 PM **Britain's Most Evil Killers** Documentary.
2.00 **Killer in My Village**
3.00 **Catching the Killer**
4.00 **World's Most Evil Killers**
4.55 **How I Caught the Killer**
5.50 **Catching the Killer**
6.45 **Britain's Most Evil Killers**
7.40 **The Murderer & Me**
9.00 **Murder Uncut**
10.00 **Catching a Serial Killer: Sam Little**
11.50 **Britain's Most Evil Killers**
12.55 AM **How I Caught the Killer** True-crime.
2.00 **Killer in My Village**
3.00 **Murdered at First Sight**
4.00 **Border Security: America's Front Line**
5.00 **to 6.00** AM **Brit Cops**

+1hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Egypt's Lost Queens**
9.15 **WWII in Colour: Road to Victory**
10.25 **Conquistadors: The Rise and Fall**
11.25 **Fight to the Finish**
1.00 PM **Egypt's Lost Queens**
2.15 **WWII in Colour: Road to Victory**
3.25 **Conquistadors: The Rise and Fall**
4.25 **Fight to the Finish**
5.55 **Egypt's Lost Queens**
7.05 **WWII in Colour: Road to Victory** Two years after Pearl Harbour, America's war machine now has Japan on the back foot.
8.15 **Conquistadors: The Rise and Fall** The Spanish struggles to control its colonies.
9.20 **Fight to the Finish**
10.45 **Egypt's Lost Queens**
12.00 M'T **Conquistadors: The Rise and Fall**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Eyes on the Prize III**
7.00 **Discovering: Hugh Grant**
8.00 **The Directors** As 5.00pm.
9.00 **The 2010s** Documentary.
10.00 **Kings from Queens: The Run DMC Story**
11.00 **What's My Name: Muhammad Ali** Double bill.
2.15 PM **I Am Joe Frazier**
4.00 **Discovering: Hugh Grant**
5.00 **The Directors** The life and career of Alexander Payne.
6.00 **The 2010s** Documentary.
7.00 **Kings from Queens: The Run DMC Story** The impact of the death of Jam Master Jay.
8.00 **Tina** A celebration of Tina Turner's life and career.
10.15 **The Essex Murders: Who Killed Goldfinger?** Investigating the unsolved 2015 murder of John Palmer.
11.15 **Amsterdam Narcos**
2.00 AM **Jane Fonda in Five Acts** An intimate look at the life and work of Jane Fonda.
4.30 **Premier League Legends**
5.00 **to 6.00** AM **Discovering: Hugh Grant**

Sky Nature

145 113/114 189 354 369

6.00 AM **Ocean Parks**
7.00 **Monkey Life** Double bill.
8.00 **Rooted** A baobab tree.
9.00 **Wild Family Ties**
10.00 **Living Beach**
11.00 **Deep Dive North America**
12.00 NOON **New Kids in the Wild**
1.00 PM **Monkey Life** Double bill.
2.00 **Rooted** A baobab tree.
3.00 **Wild Family Ties**
4.00 **Living Beach**
5.00 **Hope for Wildlife**
6.00 **New Kids in the Wild**
7.00 **Monkey Life** Double bill.
8.00 **My Wild Cats** Observing five feline species as they try to make a comeback in the wild.
9.00 **Pride Rules** Lion prides.
10.00 **New Kids in the Wild** Giant river otter pup Rio and his siblings begin to test the waters.
11.00 **Hope for Wildlife**
12.00 M'T **Deep Dive North America**
1.00 AM **Ocean Parks**
2.00 **My Wild Cats** As 8.00pm.
3.00 **Pride Rules** As 9.00pm.
4.00 **Rooted** A baobab tree.
5.00 **to 8.00** AM **Wild Family Ties**

Sky History 2

163/168 143 186

6.00 AM **Secrets Declassified with David Duchovny**
7.00 **Myths & Monsters**
8.00 **The Proof Is Out There**
9.00 **The Lost Women Spies**
11.00 **Ancient Aliens: Origins**
1.00 PM **Alien Files: Unsealed**
2.00 **Walking Through History**
3.00 **Digging for Britain**
4.00 **Secrets Declassified with David Duchovny**
5.00 **Myths & Monsters**
6.00 **The Proof Is Out There**
7.00 **The Lost Women Spies**
9.00 **Evidence of the Unexplained** Unexplained 'aerial phenomena' and reports of so-called 'first contact' moments.
10.00 **Life After People** A look into the future for religious symbols and artefacts after the disappearance of man.
11.00 **Ancient Aliens: Origins**
1.00 AM **Alien Files: Unsealed**
2.00 **Walking Through History**
3.00 **Digging for Britain**
4.00 **Weird Britain** From Wiltshire.
5.00 **to 6.00** AM **Rust Valley Restorers**

Crime+Investigation

156 142 133

6.00 AM **Imperfect Murder**
7.00 **Homicide Hunter**
8.00 **Judge Rinder**
9.00 **Murdertown** Adam Vincent.
10.00 **Buried in the Backyard**
11.00 **Hometown Tragedy**
12.00 NOON **Meet, Marry, Murder**
1.00 PM **Somebody's Hiding Something** John Maier.
2.00 **Judge Rinder**
3.00 **Robbie Coltrane's Critical Evidence** Scott Singleton.
4.00 **Murdertown** True-crime.
5.00 **When Missing Turns to Murder**
6.00 **Imperfect Murder**
7.00 **Green Eyed Killers**
8.00 **Somebody's Hiding Something**
9.00 **Court Cam** New editions
10.00 **My Strange Arrest**
11.00 **Cold Case UK**
12.00 M'T **Somebody's Hiding Something** John Maier.
1.00 AM **Court Cam**
3.00 **Meet, Marry, Murder**
4.00 **When Missing Turns to Murder**
5.00 **to 6.00** AM **Buried in the Backyard**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Something Bit Me**
10.00 **When Sharks Attack 360**
11.00 **The Hatcher Family Dairy**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Amur Tiger: Secret Kingdom**
3.00 **Hostile Planet**
4.00 **Secrets of the Zoo**
5.00 **The Incredible Dr Pol**
6.00 **Critter Fixers: Country Vets**
7.00 **Secrets of the Zoo: Scale Tales** Focusing on reptiles.
8.00 **Africa's Deadliest** Animals that have evolved deadly natural weaponry.
9.00 **Gorongosa: Paradise Reborn** The story of the greatest wildlife restoration effort in history.
10.00 **Lawless Island** The residents of Port Protection work tirelessly to better their lives.
11.00 **Ice Road Rescue**
12.00 M'T **Something Bit Me**
1.00 AM **Swamp Men**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet** Documentary.
4.00 **to 5.00** AM **Africa's Deadliest**

Discovery History

174 147 181 320 325

7.00 AM **World's Deepest Goldmine**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers: Reloaded**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works** The search for alien life on other planets in the galaxy.
8.00 **World's Deepest Goldmine** Hazardous conditions facing underground workers at Mponeng mine in South Africa.
9.00 **Secrets Underground** Rob Nelson searches for a mass grave that could harbour a dark secret, and explores a giant lake that seems to be disappearing.
10.00 **How Do They Do It?**
11.00 **Massive Engineering Mistakes**
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **Indian Ocean with Simon Reeve** Six editions.
3.00 PM **Indian Ocean with Simon Reeve** The adventurer travels from the south of Kenya to the Horn of Africa.
4.00 Simon journeys from Oman to the Maldives, where the tropical coral islands are being damaged by bleaching.
5.00 **The Two Ronnies**
7.30 **The Two Ronnies** With Alan Price and Georgie Fame.
8.20 With music by Georgie Fame and Alan Price.
9.10 Barker and Corbett continue their gripping serial Done to Death, together with a classic monologue and a song from Chelsea Brown.
10.00 Vintage comedy from Messrs Barker and Corbett, with music by Thelma Houston.
10.50 With Alan Price and Georgie Fame.
11.40 **The Two Ronnies**
3.00 **to 6.00** AM **Great British Railway Journeys**

+1 hour 266 376

ID

154 141 166

8.00 AM **Web of Lies**
9.00 **Still a Mystery** Double bill.
11.00 **American Monster**
12.00 NOON **Evil Lives Here**
1.00 PM **People Magazine Investigates** Double bill.
3.00 **American Monster**
4.00 **Evil Lives Here**
5.00 **Evil Stepmothers**
7.00 **Murder in the Heartland** A case in which a student was found strangled and stabbed in her own home.
8.00 A bride-to-be murdered in her future in-laws' home.
9.00 **On the Case with Paula Zahn** A puzzling crime scene, disturbing evidence and a young mother murdered.
10.00 **Portals to Hell** Jack Osbourne and Katrina Weidman visit a haunted music bar in Kentucky.
11.00 **Haunted Towns**
12.00 M'T **The Dead Files**
2.00 AM **Evil Stepmothers**
4.00 **to 6.00** AM **Murder in the Heartland**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Incredible Engineering Blunders: Fixed**
7.00 **Texas Metal**
8.00 **Motor Pickers** Double bill.
9.00 **Kindig Customs**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Kindig Customs**
4.00 **Fifth Gear** Bentley Bentayga.
5.00 **Salvage Hunters: Classic Cars**
6.00 **Motor Pickers** Double bill.
7.00 **Shed and Buried**
8.00 **Fifth Gear** The team pit the Land Rover Defender against the new Ineos Grenadier.
9.00 **Richard Hammond's Big**
10.00 **British Superbikes**
11.00 **Shed and Buried** Double bill.
12.00 M'T **Fifth Gear** As 8.00pm.
1.00 AM **Roadworthy Rescues**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Speed Is the New Black**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **Sky Cinema Preview**
6.45 PREMIERE **Grow** As 4.40pm.
8.35 **Wish You Were Here** Drama. (2025, 12, 99min) ★★★
10.25 **Juliet & Romeo** (2025) ★★★
12.35 PM **Bridget Jones: Mad About the Boy** As 8.00pm.
2.45 **Novocaine** (2024, 15) ★★★
4.40 PREMIERE **Grow** Fantasy comedy. (2025, PG, 107min) ★★★★ *See review, page 23.*
6.30 **Love Hurts** Action comedy. (2025, 15, 83min) ★★

4.40 Grow

8.00 **Bridget Jones: Mad About the Boy** Romantic comedy starring Renée Zellweger. Recently widowed Bridget Jones enters the dating game once again, caught between her son's science teacher and a man 20 years her junior. (2024, 15, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Code 3** Action comedy starring Rainn Wilson and Lil Rel Howery. On his final shift, a burned-out paramedic has to train his keen but inexperienced replacement. (2025, 15, 104min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **It Feeds** Horror with Shawn Ashmore and Ashley Greene. (2025, 15, 102min) ★★★
1.50 AM **Wolf Man** Horror starring Christopher Abbott. (2024, 15, 103min) ★★★
3.40 **to 6.00** AM **Spin the Bottle** Horror. (2024, 15, 119min) ★★

Sky Cinema Spider-Man

303 303 403 503 517

6.00 AM **Madame Web** As 4.15am.
8.00 **Venom: The Last Dance** Fantasy adventure sequel. (2024, 15, 110min) ★★★
10.00 **Spider-Man** As 9.30pm.
12.05 PM **Spider-Man 2** As 11.35pm.
2.15 **Spider-Man 3** Fantasy sequel. (2007, 12, 139min) ★★★
4.40 **The Amazing Spider-Man** Fantasy. (2012, 12) ★★★
7.05 **The Amazing Spider-Man 2** Superhero adventure sequel. (2014, 12, 142min) ★★★

4.40 The Amazing Spider-Man

The Amazing Spider-Man 2 (film started at 7.05pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.30 **Spider-Man** Fantasy starring Tobey Maguire as a nerdy schoolboy who develops special powers after being bitten by a mutant spider and uses them to protect New York from evil forces. (2002, 12, 121 min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Spider-Man 2** Fantasy adventure sequel with Tobey Maguire and Kirsten Dunst. (2004, PG, 127min) ★★★★
1.45 AM **Spider-Man 3** Fantasy adventure sequel starring Tobey Maguire, Kirsten Dunst and Thomas Haden Church. (2007, 12, 139min) ★★★
4.15 **to 6.20** AM **Madame Web** Adventure starring Dakota Johnson and Tahar Rahim. (2024, 12, 116min) ★★★

Sky Cinema Drama

310 310 410 510 524

6.50 AM **The Danish Girl** Period drama. (2015, 15, 117min) ★★★
8.55 **There Will Be Blood** Drama. (2007, 15, 158min) ★★★★★
11.35 **Scent of a Woman** Drama. (1992, 15, 157min) ★★★★
2.10 PM **One Life** Biopic drama. (2023, 12, 105min) ★★★★
4.00 **Dallas Buyers Club** Drama starring Matthew McConaughey. (2013, 15, 114min) ★★★★
6.10 **Quartet** Comedy starring Maggie Smith, Tom Courtenay and Billy Connolly, the directing debut of Dustin Hoffman. (2012, 12, 94min) ★★★★
8.00 **Schindler's List** Steven Spielberg's Oscar-winning Holocaust drama starring Liam Neeson, Ben Kingsley and Ralph Fiennes. An Austro-German businessman wheels and deals with the Nazis to save the lives of over 1000 Jews. (1993, 15, 195min) ★★★★★
11.15 **Elizabeth: The Golden Age** Drama. (2007, 12, 114min) ★★★
1.15 AM **Grease** Smash-hit musical. (1978, PG, 110min) ★★★★
3.15 **Pawn Sacrifice** Sports drama. (2014, 12, 115min) ★★★★
5.25 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Science Fiction

311 311 411 511 525

6.05 AM **Concrete Utopia** Drama. (2023, 15, 130min) ★★★★
8.20 **Total Recall** Sci-fi thriller remake. (2012, 12, 113min) ★★★
10.25 **Terminator Salvation** Thriller sequel. (2009, 12, 110min) ★★★
12.25 PM **Slingshot** Sci-fi thriller. (2024, 15, 108min) ★★★
2.20 **Edge of Tomorrow** Sci-fi adventure starring Tom Cruise. (2014, 12, 113min) ★★★★
4.20 **Passengers** Sci-fi action drama. (2016, 12, 116min) ★★★
6.25 **Zombieland** Horror comedy starring Woody Harrelson, Jesse Eisenberg and Emma Stone. (2009, 15, 84min) ★★★★
8.00 **Kong: Skull Island** Action adventure with Tom Hiddleston. (2017, 12, 118min) ★★★★
10.10 **I Am Legend** Horror with Will Smith. A military scientist fears he is the last man on Earth after a virus kills most of humanity. (2007, 15, 101 min) ★★★★
12.05 AM **Hollow Man** Paul Verhoeven's sci-fi thriller. (2000, 18, 113min) ★★★
2.00 **Repo Men** Sci-fi action thriller. (2009, 18, 111 min) ★
4.10 **Sky Cinema Preview**
5.00 **to 7.05** AM **Omni Loop** Drama. (2024, 12, 112min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

7.00 AM **The BFG** Adventure. (2016, PG, 117min) ★★★★
9.10 **Stuart Little 2** Fantasy sequel. (2002, U, 78min) ★★★★
10.40 **Robin and the Hoods** Comedy. (2024, PG, 101min) ★★
12.35 PM **Twist** (2021, 12) ★★★★
2.20 **The Mountain** Comedy. (2024, PG, 89min) ★★★★
4.05 **Blithe Spirit** Comedy. (2020, 12, 95min) ★★★
6.00 **Cats & Dogs** Comedy fantasy. (2001, PG, 87min) ★★★

7.40 Sonic the Hedgehog 3

7.40 Sonic the Hedgehog 3 Fantasy adventure sequel starring Jim Carrey. The blue hedgehog, Knuckles and Tails reunite to face the might of the villainous Shadow. (2024, PG, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 The Spiderwick Chronicles Fantasy adventure with Freddie Highmore. Three teenage siblings find their great-great uncle's guide to the fantastical world. (2008, PG, 91min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **The Flintstones** Comedy. (1994, U, 93min) ★★★
1.15 AM **Ride On** Action drama. (2023, PG, 126min) ★★★
3.30 **The SpongeBob SquarePants Movie** Animated family adventure. (2004, U, 87min) ★★★★
5.10 **to 6.40** AM **Big Fat Liar** Teen comedy with Frankie Muniz. (2002, PG, 88min) ★★★

Sky Cinema Action

307 307 407 507 521

6.25 AM **R.I.P.D** As 1.05am.
8.10 **Long Gone Heroes** (2024)
10.00 **Retribution** Action thriller. (2023, 12, 91min) ★★
11.40 **The Bricklayer** Crime thriller. (2023, 15, 110min) ★★
1.40 PM **The Huntsman: Winter's War** Fantasy adventure. (2016, 12, 114min) ★★★
3.45 **Kraven the Hunter** Fantasy. (2024, 15, 127min) ★★★
6.00 **The Legend of Tarzan** Adventure. (2016, 12) ★★★

6.00 The Legend of Tarzan

8.00 The Fall Guy Action comedy starring Ryan Gosling and Emily Blunt. A down-and-out stuntman sets out to find the missing star of his ex-girlfriend's blockbuster. With Aaron Taylor-Johnson and Hannah Waddingham. (2023, 12, 126min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 The Patriot Drama with Mel Gibson. A pacifist plantation owner is drawn into the American War of Independence after a British officer shoots one of his children. (2000, 15, 167min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.05 AM **R.I.P.D** Comedy fantasy. (2013, 12, 96min) ★★★
2.50 **Long Gone Heroes** Thriller. (2024, 15, 101min) ★★★
4.40 **to 6.50** AM **Twilight of the Warriors: Walled In** Chinese crime thriller. Subtitled. (2024, 15, 126min) ★★★

Sky Cinema Comedy

308 308 408 508 522

6.15 AM **Twins** (1988, PG) ★★★
8.10 **It's Complicated** Comedy. (2009, 15, 115min) ★★★★
10.25 **Bad Teacher** (2011, 15) ★★★
12.10 PM **Love Actually** Comedy. (2003, 15, 135min) ★★★
2.25 **The Nutty Professor** Comedy. (1996, 12, 95min) ★★★
4.05 **Nutty Professor II: The Klumps** Comedy sequel. (2000, 12, 105min) ★★★
6.05 **Beetlejuice Beetlejuice** Comedy. (2024, 12) ★★★★

6.05 Beetlejuice Beetlejuice

8.00 Two Weeks Notice Romantic comedy starring Sandra Bullock and Hugh Grant. Opposites attract when a liberal lawyer goes to work for a billionaire property tycoon. (2002, 12, 101min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 50 First Dates Romantic comedy starring Adam Sandler. A philandering Hawaii vet falls for a woman with short-term memory loss and finds that he has to woo her afresh every day. (2004, 12, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Kangaroo Jack** Comedy. (2003, PG, 89min) ★
1.35 AM **My Big Fat Greek Wedding 2** Romantic comedy sequel. (2016, 12, 94min) ★★
3.25 **The Holdovers** Comedy. (2023, 15, 133min) ★★★★★
5.40 **to 6.15** AM **Sky Cinema Preview**

Sky Cinema Da Vinci

309 309 409 509 523

7.30 AM **The Da Vinci Code** (2006)
10.05 **Angels & Demons** (2009)
12.35 PM **Inferno** As 8.00pm.
2.50 **The Da Vinci Code** (2006)
5.30 **Angels & Demons** Mystery thriller based on the bestseller by Dan Brown, starring Tom Hanks and Ewan McGregor. A Harvard professor must solve a series of cryptic riddles to prevent a hidden time bomb from destroying the Vatican. (2009, 12, 138min) ★★

5.30 Angels & Demons

8.00 Inferno Ron Howard's conversion of the Dan Brown thriller, starring Tom Hanks, Felicity Jones and Irrfan Khan. While suffering from amnesia, Professor Robert Langdon tries to stop a lethal virus from killing millions. (2016, 12, 121min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

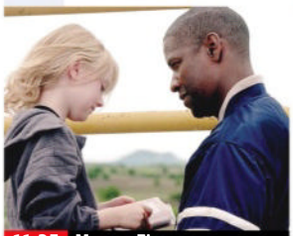
10.10 The Da Vinci Code Thriller with Tom Hanks and Audrey Tautou. A Harvard professor and a French cryptographer solve a series of clues about the true nature of the Holy Grail while fleeing from the police and a murderous albino monk. (2006, 12, 149min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.50 AM **Angels & Demons** (2009)
3.20 **Inferno** As 8.00pm.
5.30 **to 8.10** AM **The Da Vinci Code** As shown at 10.10pm.

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Fire Down Below** Drama. (1957, PG, 116min) ★★★
1.20 PM **The Moonraker** Adventure. (1957, U, 82min) ★★★
3.00 **Saraband for Dead Lovers** Drama. (1948, U, 92min) ★★★
4.55 **The Wackiest Ship in the Army** World War Two comedy. (1960, U, 95min) ★★★
7.00 **Dog** Comedy with Channing Tatum and Ryder McLaughlin. (2022, 12, 101min) ★★★



11.25 Man on Fire

Dog (film started at 7.00pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 Déjà Vu Sci-fi thriller with Denzel Washington. A federal agent investigating the bombing of a ferry encounters a window into the past and embarks on a race against time to prevent the tragedy. (2006, 12, 126min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.25 **Man on Fire** Violent action thriller starring Denzel Washington, Dakota Fanning and Christopher Walken. (2004, 18, 146min) ★★★★
2.15 **to 4.00** AM **Hush** Thriller with William Ash and Christine Bottomley. A young man embarks on a nightmarish quest to rescue his girlfriend. (2009, 15, 91min) ★★★

11 PM

+1 hour 314 430 47 301 257

Sky Cinema Halloween

302 302 402 502 516

6.00 AM **Little Bone Lodge** Horror. (2023, 15, 93min) ★★★
7.40 **Friday the 13th Part II** Horror sequel. (1981, 18, 87min) ★★
9.10 **Friday the 13th Part III** Horror sequel. (1982, 18, 95min) ★
10.55 **Spin the Bottle** Horror thriller starring Kaylee Kaneshiro. (2024, 15, 119min) ★★
1.00 PM **Salem's Lot** As 5.05pm.
3.05 **Speak No Evil** As 11.20pm.

5.05 **Salem's Lot** Horror with Lewis Pullman and Makenzie Leigh. (2024, 15, 109min) ★★★
7.05 **Sinister** Horror thriller starring Ethan Hawke. A struggling true-crime author moves into a haunted house with his wife and children hoping for inspiration. (2012, 15, 105min) ★★★
9.00 **It** Stephen King chiller starring Bill Skarsgård. A group of bullied New England kids band together to destroy a demonic clown. (2017, 15, 135min) ★★★★

11.20 **Speak No Evil** Horror thriller. (2024, 15, 110min) ★★★★
1.15 AM **Bram Stoker's Dracula** Francis Ford Coppola's horror. (1992, 18, 123min) ★★★
3.30 **The Ring Two** Horror sequel. (2004, 15, 110min) ★★★
5.30 **to 6.00** AM **The Cinema List**

Sky Cinema Greats

304 304 404 504 518

6.05 AM **Galaxy Quest** Comedy. (1999, PG, 102min) ★★★★
7.50 **Wayne's World** As 9.50pm.
9.40 **Wayne's World 2** Comedy sequel starring Mike Myers. (1993, PG, 95min) ★★★
11.25 **Beverly Hills Cop** Comedy thriller starring Eddie Murphy. (1984, 15, 105min) ★★★★
1.15 PM **Beverly Hills Cop II** Comedy sequel. (1987, 15, 99min) ★★★

3.00 **Beverly Hills Cop 3** Comedy sequel. (1994, 15, 104min) ★★
4.45 **Brewster's Millions** Comedy. (1985, PG, 97min) ★★★
6.30 **Ace Ventura Pet Detective** Hit comedy starring Jim Carrey. (1993, 12, 86min) ★★★★
8.00 **Ace Ventura: When Nature Calls** Comedy sequel starring Jim Carrey and Ian McNeice. (1995, PG, 89min) ★★★
9.50 **Wayne's World** Comedy with Mike Myers and Dana Carvey. (1992, PG, 95min) ★★★★

11.30 **Parenthood** Comedy drama. (1989, 15, 124min) ★★★★
1.35 AM **Sixteen Candles** Comedy. (1984, 12, 89min) ★★★
3.20 **Dad's Army** (1971, U) ★★★★
5.00 **Sky Cinema Preview**
5.50 **to 7.40** AM **Twins** Comedy. (1988, PG, 107min) ★★★

Sky Cinema Animation

305 305 412 500 514

7.25 AM **Barnyard** Animated comedy. (2006, PG, 90min) ★
9.10 **The Garfield Movie** As 8.55pm.
11.05 **The Wild Thornberrys Movie** Animated family adventure. (2002, U, 85min) ★★★★
12.40 PM **Rugrats Go Wild** Animated comedy. (2003, U, 81min) ★★★
2.10 **Rise of the Guardians** Animated comedy adventure. (2012, PG, 93min) ★★★★

4.00 **The Wild Robot** Animation. (2024, U, 102min) ★★★★
5.50 **Migration** Animated comedy. (2023, U, 83min) ★★★
7.20 **Hotel Transylvania** Animated comedy. (2012, U, 91min) ★★★★
8.55 **The Garfield Movie** Animated adventure with the voice of Chris Pratt. (2023, U, 101min) ★★★
10.40 **Batman Unlimited: Animal Instincts** Animated adventure. (2015, PG, 74min) ★★
12.05 AM **Batman Unlimited: Mechs vs Mutants** (2016, PG) ★★★

1.25 **The Inventor** Animation. (2023, PG, 100min) ★★★
3.10 **Batman: Return of the Caped Crusaders** Animated adventure. (2016, PG, 78min) ★★★★
4.35 **to 6.15** AM **The Road to El Dorado** Animated comedy. (2000, U, 89min) ★★★

Christmas 24

312 313 419

7.00 AM **Christmas Bedtime Stories** Drama. (2022, PG, 90min) ★★
9.00 **Twas the Night Before Christmas** Festive drama. (2022, PG, 84min) ★★
11.00 **A Fabled Holiday** Romantic fantasy. (2022, PG, 90min) ★★
1.00 PM **Christmas Angel** Comedy. (2009, PG, 87min) ★★★
3.00 **Ghosts of Christmas Always** Fantasy. (2022, PG, 90min) ★★

5.00 **Magic in Mistletoe Country** Drama. (2023, PG, 90min) ★★
7.00 **Following Yonder Star** Festive romantic drama starring Brooke D'Orsay. (2024, PG, 84min) ★★
9.00 **The Spirit of Christmas Station** Drama with Alexandra Harris. A literary editor under pressure finds fresh inspiration in reviving a small town's festival. (2025, PG, 90min) ★★
11.00 **Holiday Touchdown: A Chiefs Love Story** Festive drama. (2024, PG, 90min) ★★

1.00 AM **A Christmas in New Hope** Festive drama starring Katrina Bowden. (2024, PG, 90min) ★★
3.00 **to 5.00** AM **A Christmas Cookie Catastrophe** Romantic comedy. (2022, PG, 90min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Law of the Plainsman**
6.30 **A Lifetime Ago with the Baim Collection**
6.55 **Lily of Killarney** (1934, U) ★★
8.30 **Out of Town** Documentary.
9.00 **What Every Woman Wants** Drama. (1954, b/w, PG) ★★
10.45 **The Marked One** Thriller. (1963, U, 65min) ★★
12.00 NOON **Dixon of Dock Green**
1.05 PM **Look at Life** Documentary.

1.20 **The Big Job** (1965, b/w, U) ★★
3.05 **Glimpses: Magic Feet**
3.15 **A Good Read: Sherlock Holmes**
4.05 **Glimpses: Rollercoaster**
4.10 **Champions** Biopic drama. (1983, PG, 115min) ★★★
6.25 **Tell Me Another**
6.55 **The Riddle of the Sands** Adventure. (1978, U) ★★★
9.00 **Cellar Club with Caroline Munro**
9.05 **Doomwatch** 8/13. (S2)
10.05 **Cellar Club with Caroline Munro**
10.10 **The Dark Eyes of London** Horror. (1939, b/w, PG) ★★★

11.40 **Cellar Club with Caroline Munro**
11.45 **The Big Combo** Crime thriller. (1954, b/w, PG, 90min) ★★★★
1.30 AM **Up River** Crime drama. (1979, 12, 90min) ★★
3.15 **Sky Liner** (1949, b/w, 12) ★★
4.25 **to 6.00** AM **While I Live** Drama. (1947, b/w, PG, 85min) ★★

Friday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **LIVE WTA Tennis** Day five of the Wuhan Open held at Optics Valley International Tennis Center.
9.30 **LIVE WTA & ATP Tennis** The ATP Shanghai Masters and the WTA Wuhan Open at Qizhong Forest Sports City Arena and Optics Valley International Tennis Center respectively.
3.00 PM **LIVE ICC Women's World Cup New Zealand v Bangladesh.** Coverage of the group match from Barsapara Cricket Stadium, Guwahati.
5.45 **The Premier League Show**
7.00 **LIVE World Grand Prix Darts** Day five from Mattioli Arena in Leicester, featuring the quarter-finals, played over the best of five sets. Luke Humphries continued his defence of the title with a 3-1 victory over Jonny Clayton at this stage last year and his successor as champion Mike De Decker won 3-0 against James Wade.
11.00 **Sky Sports News**
4.00 **to 6.00** AM **LIVE PGA Tour Golf** Coverage of the third day of the Baycurrent Classic at Yokohama Country Club in Japan.

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League 100 Club**
9.00 **Premier League Stories**
9.30 **Match Officials Mic'd Up**
10.00 **Sky Sports FC**
12.00 NOON **The Big Interview**
12.30 PM **Premier League Stories**
1.00 **Premier League Years**
3.00 **PL Retro** Leicester City v West Ham United from 2016.
5.00 **The Premier League Show** A daily guide to the top flight.
7.00 **Premier League Stories**
7.30 **The Big Interview**
8.00 **Match Officials Mic'd Up** Audio of selected incidents from the Premier League.
8.30 **Florian Wirtz's Story** A look at Liverpool player's career so far.
9.00 **Premier League Stories**
9.30 **The Big Interview** With a Premier League star of the past or present.
10.00 **Match Officials Mic'd Up**
10.30 **Sticker Book** With Reece James.
11.00 **Premier League Years**
1.00 AM **PL Retro** Bolton Wanderers v Chelsea in the 2004/05 season.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Cup Retro**
8.45 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **Best Goals: EFL Cup 2021-22**
11.30 **EFL Trophy Football**
12.00 NOON **Bundesliga Weekly**
12.30 PM **EFL Highlights**
1.00 **EFL League One Goals**
1.30 **EFL League Two Goals**
2.00 **SPFL Round-Up**
2.15 **SPFL Highlights**
2.30 **EFL Highlights**
4.30 **EFL League One Goals**
5.00 **EFL League Two Goals** Highlights from the competition.
5.30 **Bundesliga Weekly**
6.00 **Scottish Football VAR Review**
7.00 **EFL Highlights** Derby County v Southampton in the Championship. **7.15** Hull City v Sheffield United.
7.30 **EFL Cup Highlights**
9.30 **Scottish Football VAR Review**
10.30 **SPFL Round-Up**
10.45 **SPFL Highlights**
11.00 **EFL Greatest Games**
12.00 M'T **Championship Retro**
2.45 AM **EFL Greatest Games**
4.00 **EFL Cup Retro**
5.00 **Craig Brown: My Scotland**
5.30 **to 6.00** AM **Jimmy Glass: The Great Escape**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **ICC Women's World Cup**
10.00 **LIVE ICC Women's World Cup New Zealand v Bangladesh.** Coverage of the group match from Barsapara Cricket Stadium, Guwahati. New Zealand are looking to win their first title at this event since 2000 when they beat rivals Australia in the final on home soil. Bangladesh are playing in only their second ever World Cup having previously finished seventh at their first tournament three years ago.
5.45 PM **ICC Women's World Cup 2017** England v India.
6.30 **ICC Women's World Cup** The group match between India and South Africa from Dr. Y.S. Rajasekhara Reddy ACA-VDCA Cricket Stadium in Visakhapatnam. **7.30** The group match between Australia and Pakistan from R. Premadasa Stadium, Colombo. **8.30** Action from the group match between New Zealand and Bangladesh from Barsapara Cricket Stadium, Guwahati.
9.30 **ICC Women's World Cup 2017**
10.00 PM **to 6.00** AM **ICC Women's World Cup**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **LIVE PGA Tour Golf** Day two of the Baycurrent Classic at Yokohama Country Club in Japan.
8.00 **LIVE LPGA Tour Golf** Coverage of the second day of the Buick LPGA Shanghai in China.
9.00 **Chronicles of a Champion Golfer** Profiles of leading players.
10.00 **Ladies European Tour Golf**
11.00 **Women's Golf**
12.00 **Ladies European Tour Golf**
1.00 PM **LIVE DP World Tour Golf** Day two of the Acciona Open De España at Club de Campo Villa.
6.00 **PGA Tour Golf** Highlights.
10.00 **LPGA Tour Golf**
11.00 **PGA Tour Champions**
12.30 AM **HotelPlanner Tour Golf**
1.00 **DP World Tour Golf**
2.00 **PGA Tour Golf**
3.00 **Golf Academy**
4.00 **to 6.00** AM **LIVE PGA Tour Golf** The Baycurrent Classic.

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **LIVE WTA Tennis** Day five of the Wuhan Open at Optics Valley International Tennis Center.
9.30 **LIVE WTA & ATP Tennis** The ATP Shanghai Masters and the WTA Wuhan Open.
3.00 PM **WTA Tennis**
4.00 **ATP Tennis** The Beijing Open final.
5.00 **ATP Tour This Week**
5.30 **WTA Tennis** The Beijing Open.
6.00 **WTA & ATP Tennis**
12.00 M'T **WTA & ATP Tennis**
2.00 AM **Billie Jean King: My Story**
2.15 **Tim Henman Podcast 2024**
2.30 **to 6.00** AM **WTA & ATP Tennis**

Sky Sports Mix

416 412 510 429 449

6.00 AM **LIVE LPGA Tour Golf** The Buick LPGA Shanghai second day.
9.00 **ICC Women's World Cup**
10.00 **PGA Tour Golf**
11.00 **PL Retro** Man City v Man Utd.
1.00 PM **ICC Women's World Cup**
2.00 **PL Greatest Games**
3.00 **The Rugby Championship**
5.00 **PGA Tour Champions**
6.00 **Wheelchair Rugby**
7.00 **NRLW** The Grand Final.
8.00 **NRL** Highlights of the Grand FInal.
9.00 **Women's Super League**
10.00 **ICC Women's World Cup**
12.00 M'T **One Championship Weekly**
12.30 AM **PL Greatest Games**
1.00 **Back2Back Champion**
1.30 **Rob Cross: A Year to Remember**
2.00 **Peter Wright: Double Champ**
2.30 **Gerwyn Price: Welsh Glory**
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **LIVE LPGA Tour Golf** The Buick LPGA Shanghai.

Sky Sports F1

407 407 516 506 424 444

6.00 AM **Formula 1** Highlights.
12.00 NOON **British GT Championship**
2.35 PM **BTS with Aston Martin**
2.50 **F1 Explained**
3.00 **F1 Academy Highlights**
3.45 **F1 Features**
4.00 **F1 Academy Highlights**
4.45 **Carlos Sainz & The Lie Detector**
5.00 **F1 Academy** Round six action.
5.30 **Formula 1** Singapore Grand Prix.
7.45 **Ted's Notebook**
8.15 **Brad Pitt Drives a McLaren F1 Car** Lando Norris' MCL60.
8.30 **F1 Academy Highlights**
9.15 **F1 Features**
9.30 **F1 Academy Highlights**
10.15 **Jim Farley IV**
10.30 **F1 Academy** Round six action.
11.00 **Formula 1** Highlights of the Singapore Grand Prix race.
12.00 M'T **Ted's Notebook**
12.30 AM **F1 Academy**
1.00 **to 6.00** AM **The Home of F1**

TNT Sports 1

410 413 521 408 430

6.00 AM **LIVE Test Cricket India v West Indies.** The first day of the second and final Test from Arun Jaitley Stadium in Delhi.
1.00 PM **LIVE Snooker: Xi'an Grand Prix** The second session from the fourth round of the tournament, which takes place at Qujiang Sports Complex in China.
3.00 **Spirit of Yachting**
3.30 **European Rally Championship**
4.00 **Serie A – Full Impact**
4.30 **Premier League Netbusters**
5.00 **Premier League: Big Interview**
5.30 **Sign Up – Into Football**
6.15 **Premier League Reload**
6.30 **TNT Sports Reload**
7.00 **LIVE The Gallagher PREM Sale Sharks v Newcastle Red Bulls.** Coverage of the match taking place at Salford Community Stadium. Kick-off **7.45pm**.
10.00 **LIVE MLB** MLB Postseason.
1.15 AM **LIVE WNBA** Coverage of game four of the WNBA finals.
3.30 **Premier League Reload**
3.45 **Test Cricket Highlights**
4.45 **to 6.00** AM **LIVE Test Cricket India v West Indies.** The second day of the second and final Test from Arun Jaitley Stadium in Delhi.

TNT Sports 2

411 414 522 409 431

6.00 AM **TNT Sports Reload**
6.30 **Race Bikes** Double bill.
7.30 **FIM Speedway of Nations**
8.30 **British Superbikes Highlights**
9.30 **MotoGP Highlights**
10.30 **LIVE Superbike World Championship** From Portugal.
11.30 **Superbike Rewind**
1.45 PM **LIVE Superbike World Championship** From Portugal.
4.45 **Superbike Rewind**
5.00 **British Superbikes Highlights**
6.00 **MotoGP Highlights**
7.00 **SHEENE** The life of Barry Sheene.
8.15 **British Superbikes Rewind**
8.30 **MotoGP Rewind**
8.45 **LIVE UCI Mountain Bike World Series** From Canada.
10.45 **TNT Sports Reload**
11.00 **Enduro Mountain Bike Racing**
11.30 **FIM Speedway of Nations**
12.30 AM **MotoGP Highlights**
1.30 **British Superbikes Rewind**
1.45 **TNT Sports Reload**
2.00 **The Gallagher PREM**
3.00 **LIVE AFLW Adelaide Crows Women v West Coast Eagles Women.** Bounce-up 3.05am.
5.00 **to 7.00** AM **LIVE AFLW Geelong Cats Women v GWS Giants Women.**

Sky Sports NFL

412 410 517 507 426 446

6.00 AM **NFL Highlights**
10.00 **NFL Gameday**
10.45 **NFL Bitesize Highlights**
11.00 **NFL Highlights**
12.00 NOON **NFL Gameday**
12.45 PM **NFL Bitesize Highlights** Brief highlights of New York Giants v Philadelphia Eagles.
1.00 **Good Morning Football** The latest NFL news and talking points.
3.00 **NFL Highlights**
6.00 **NBC's Pro-Football Talk** Mike Florio and Chris Simms present the NFL talk show, as they discuss and debate the biggest stories from around the league.
8.00 **49 Hours** A behind-the-scenes look at the 49 hours before a San Francisco 49ers game.
8.15 **NFL Gameday** A review of all of the latest games from the new NFL season, with discussion and analysis of the latest talking point.
9.00 **NFL Highlights** Action from New York Giants v Philadelphia Eagles. **10.00** Highlights from Cleveland Browns v Minnesota Vikings.
11.00 **NFL Fantasy** Featuring the top NFL fantasy experts and analysts.
12.00 M'T **The Insiders**
1.00 **to 6.00** AM **NFL Highlights**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **LIVE WTA Tennis** Coverage of day five of the Wuhan Open, a hard-court tournament at Optics Valley International Tennis Center.
7.00 **LIVE NPC Rugby** The opening quarter-final. Kick-off **7.05am**.
8.55 **LIVE WTA Tennis** Further coverage of day five of the Wuhan Open at Optics Valley International Tennis Center.
9.30 **LIVE WTA & ATP Tennis** The ATP Shanghai Masters and the WTA Wuhan Open at Qizhong Forest Sports City Arena and Optics Valley International Tennis Center respectively.
3.00 PM **Total Football**
5.00 **The Premier League Show**
7.00 **LIVE World Grand Prix Darts** Coverage of day five from Mattioli Arena in Leicester, featuring the quarter-finals.
11.00 **Sky Sports News**
1.00 AM **EFL Cup Retro**
3.00 **Sky Sports News**
4.00 **EFL Greatest Games**
4.15 **Rugby Greatest Games**
4.25 **to 6.00** AM **LIVE NPC Rugby** Coverage of the second quarter-final. Kick-off **4.35am**.

TNT Sports 3

413 415 523 410 432

6.00 AM **Men's Cycling Pro Series**
7.00 **LIVE Snooker: Xi'an Grand Prix** The first session from the fourth round of the tournament, which takes place at Qujiang Sports Complex in Xi'an, China.
10.00 **TNT Sports Reload**
10.30 **Ultimate Pool** Group B.
12.00 NOON **LIVE Snooker: Xi'an Grand Prix** Coverage of the second session from the fourth round of the tournament in China.
3.00 PM **WNBA** The WNBA finals.
4.00 **SailGP Highlights**
5.00 **Ultimate Pool** Group B action.
6.30 **TNT Sports Cricket Reload**
7.00 **Test Cricket Highlights**
8.00 **British Speedway**
9.00 **Snooker Xi'an Grand Prix**
11.00 **Ultimate Pool** Group B action.
12.30 **European Rally Championship**
1.00 **LIVE MLB** MLB Postseason.
4.15 **MLB Classic** Archive action.
4.30 **Serie A – Full Impact**
5.00 **to 6.00** AM **British Superbikes**

TNT Sports 4

414 416 524 411 434

6.00 AM **SailGP Highlights**
7.00 **WNBA** The WNBA finals.
8.00 **Supertri E World Triathlon**
9.00 **LIVE AFLW Western Bulldogs v Essendon Bombers.**
11.00 **Serie A – Full Impact**
11.30 **Men's Cycling Pro Series**
12.30 PM **MLB** A round-up of action.
2.00 **LIVE FIA Extreme H World Cup** From Saudi Arabia.
3.00 **MLB** Match highlights.
6.30 **UEFA Champions League**
10.00 **Football** Highlights and features.
11.00 **Fight Week** Review of UFC 320.
11.30 **Test Cricket Highlights**
12.30 AM **Reframe the Game**
1.00 **LIVE NWSL Orlando Pride v Portland Thorns.**
3.15 **UFC Connected**
3.45 **TNT Sports Reload**
4.00 **British Speedway**
5.00 **to 7.00** AM **LIVE AFLW Hawthorn Hawks v Gold Coast Suns.** Bounce-up 5.05am.

Premier Sports 1

419 551

6.00 AM **NASCAR Highlights**
7.00 **URC in 60** The second round.
8.00 **LaLiga Match Highlights**
9.00 **DTM Highlights** Hockenheim.
10.00 **Eredivisie Highlights**
11.00 **FIM Sidecarcross**
12.00 NOON **NASCAR Highlights**
1.00 PM **Scottish Football Social Club**
2.00 **NHL on the Fly** Latest NHL news.
3.00 **Eredivisie Highlights**
4.00 **DTM Highlights** Hockenheim.
5.00 **Argentine Primera Highlights**
5.30 **Top 14 Rugby Union Highlights**
6.00 **URC in 60** The second round.
7.00 **LIVE United Rugby Championship Munster v Edinburgh.** Kick-off 7.45pm.
10.00 **Sporting Greats** Profiles.
10.30 **Argentine Primera Highlights**
11.00 **DTM Highlights** Hockenheim.
12.00 **United Rugby Championship**
2.00 AM **Transworld Sport** Magazine.
3.00 **FIA World Endurance Championship** From Fiji.
4.00 **to 6.00** AM **Euro Le Mans**

Premier Sports 2

420 552

6.00 AM **Bike World** Magazine.
6.30 **FastZone** Motorsports show.
7.00 **Brasileiro Serie A**
9.00 **Football's Greatest**
10.00 **NHL Ice Hockey**
12.00 NOON **United Rugby Championship** Edinburgh v Ulster.
2.00 PM **FastZone** Motorsports show.
2.30 **Argentine Primera**
4.30 **Football's Greatest**
5.30 **LaLiga Match Highlights**
5.40 **United Rugby Championship**
7.40 **LIVE United Rugby Championship Scarlets v Stormers.** Coverage from Parc y Scarlets. Kick-off 7.45pm.
9.45 **LaLiga Match Highlights**
10.00 **Temples of Sport**
11.00 **NHL Ice Hockey**
1.00 AM **United Rugby Championship** Recent action.
3.00 **Football's Greatest**
3.30 **FastZone** Motorsports show.
4.00 **to 6.00** AM **Top 14 Rugby Union**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

KIDS WATCHLIST

Great shows for young viewers (from tots to teens) on linear TV and streaming

NETFLIX Dr. Seuss's Horton!

Available from Monday, Netflix

The latest offering from Netflix inspired by the works of children's author and illustrator Dr. Seuss is this fun series for preschoolers, featuring a young pachyderm called Horton who embarks upon adventures with his best friend, Samson, to help the citizens of the Jungle of Nool.

Horton follows *Red Fish, Blue Fish* as the second of a planned five Dr Seuss animations. *The Sneetches*, featuring cute star-belly and moon-belly creatures, is due on Netflix in November.

CN The Wonderfully Weird World of Gumball

From Monday, Cartoon Network

This fun animated spinoff series is a revival of *The Amazing World of Gumball* which followed the adventures of 12-year-old blue cat, Gumball Watterson and his goldfish friend, Darwin.

We can expect even more bizarre shenanigans with the pair, as they cause mischief and mayhem at home and with the other students at Elmore Junior High.

More great shows to watch this week...

Wizards Beyond Waverly Place NEW

Available from Wednesday, Disney+

The magic is back, with Billie still getting her head around the fact that Roman and Milo are wizards, and Justin training them for a contest.

Milkshake! Black History Month Carnival NEW

Monday, 9am, Milkshake! on 5

A closer look at how the Notting Hill Festival celebrates Black culture, for October's Black History Month.

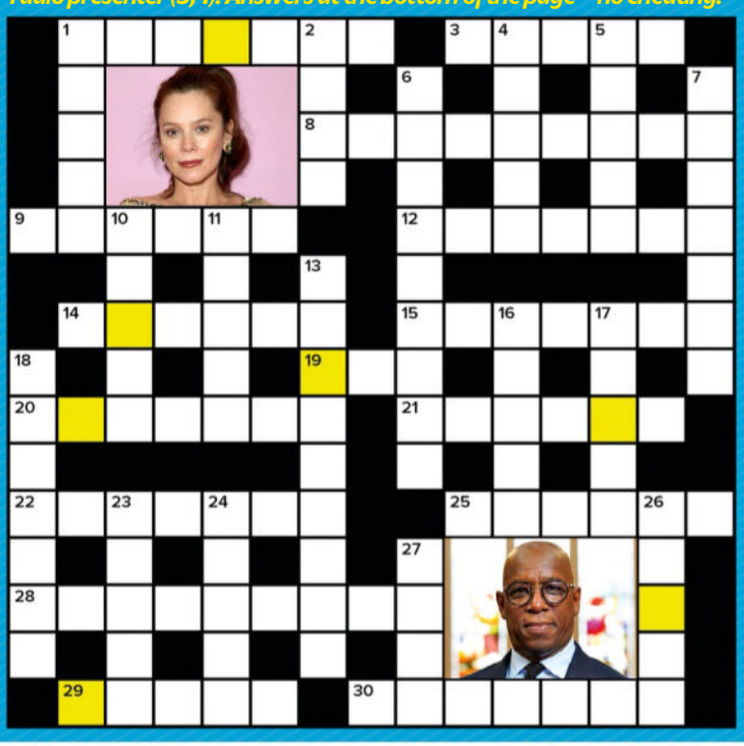
The Woohoos!

Sat & Sun, 7.05am, Milkshake! on 5

The comedy animated adventures with the animal best friends continue. Elephant comes to visit – and he's got a new bird friend on top of his head!

CROSSWORD

Solve the clues in our just-for-fun crossword puzzle and re-arrange the shaded squares so the letters spell out the name of an English TV and radio presenter (3,4). Answers at the bottom of the page – no cheating!



ACROSS

1 Old TV crime series with warren Clarke, ------- & *Pascoe* (7)
3 *An* ----- *Husband*, 1999 film starring Rupert Everett (5)
8 See picture clue: former pundit on *Match of the Day* (3,6)
9 2000 film starring Jim Carrey, *Me*, ------ & *Irene* (6)
12 Stanley Kubrick film from 1968, *2001: A Space* ------- (7)
14 Actor in *Starsky & Hutch*, Paul Michael ------ (6)
15 Peter -------, 1980s star of sci-fi series *Doctor Who* (7)
19 Boy band featuring singer Harry Styles, --- Direction (3)
20 Actor who starred in comedy show *Green Wing*, Pippa ------- (7)
21 Actor in US soap *Days of Our Lives*, ------ Davidson (6)
22 ------- *Arrest*, 1990s BBC medical-drama series with Helen Baxendale and Andrew Lancel (7)
25 Friendly ghost in a movie that starred Christina Ricci (6)
28 Singer who appeared in an episode of *Game of Thrones* (2,7)
29 Starred as Bob Ferris in sitcom *The Likely Lads*, Rodney ----- (5)
30 English singer and actor who starred in BBC1 soap *EastEnders*, ------- McCutcheon (7)

DOWN

1 ----- Springfield, singer of 1990's *Reputation* (5)
2 2000 movie starring Julia Roberts, ---- *Brockovich* (4)
4 Role played by Colin Firth in 2001 film *Bridget Jones's Diary*, Mark ----- (5)
5 Australian guitarist with AC/DC, ----- Young (5)
6 Name of a 2000 Michael Rymer film, or a Genesis song (2,3,4)
7 1983 sequel to 1978 film *Saturday Night Fever*, ------- *Alive* (7)
10 Liza Minnelli's role in 1972 film *Cabaret*, ----- Bowles (5)
11 *Ted* -----, sitcom (5)
13 Hit Mel Brooks comedy from 1969, *The* --------- (9)
16 Member of Scooby-Doo's gang (5)
17 1946 thriller starring Lauren Bacall, *The Big* ----- (5)
18 Animation from 2000 with Mel Gibson, ------- *Run* (7)
23 British model engaged to actor Jason Statham, ----- Huntington-Whiteley (5)
24 ----- Cara, star of 1980's *Fame* (5)
26 ----- Kendrick, starred as Meera in fantasy drama *Game of Thrones* (5)
27 See picture clue: ---- Friel, actor who starred in *Marcella* (4)

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CROSSWORD SOLUTION

ANSWER: ZOE BALL **ACROSS:** 1 Dalziel, 3 Ideal, 8 Ian Wright, 9 Myself, 12 Odyssey, 14 Glaser, 15 Davison, 19 One, 20 Haywood, 21 Eileen, 22 Cardiac, 25 Casper, 28 Ed Sheeran, 29 Bewes, 30 Martine. **DOWN:** 1 Dusty, 2 Erin, 4 Darcy, 5 Angus, 6 In Too Deep, 7 Staying, 10 Sally, 11 Lasso, 13 Producers, 16 Velma, 17 Sleep, 18 Chicken, 23 Rosie, 24 Irene, 26 Ellie, 27 Anna.

Coming soon

Anna and David

FIRST LOOK

Falling

Keeley Hawes and Paapa Essiedu star in an offbeat romance

A love story between a nun and a priest is at the heart of C4's upcoming drama *Falling*.

Penned by award-winning writer Jack Thorne (*Adolescence*), the six-part series, which has been filmed in Wales and Bristol, sees Keeley Hawes play dedicated nun Anna, alongside Paapa Essiedu as Catholic priest David.

The pair are devoted to their religious calling and to carrying out good works within the church and their community. But they are both taken aback when they fall in love, which leaves them questioning how this will change their previously settled lives, and also leads them to reflect on the vows they took and their faith.

ALL-STAR CAST

Rakie Ayola, Jason Watkins and Niamh Cusack co-star in the drama along with Adrian Scarborough, David Dawson, Susan Brown and Sandra Voe.

'I'm thrilled to be taking on the role of Anna and so looking forward to working alongside the brilliant Paapa Essiedu to bring Jack Thorne's beautiful scripts to life,' says Hawes.

'*Falling* is a story that has Jack Thorne's singular talent of mining the sublime out of the ordinary running all the way through' adds Essiedu. 'I can't wait to work with Keeley and the rest of the team to bring this world to life.'

WHAT'S NEXT FOR...

Jon Richardson

In More4's **A Yorkshire Pub with Jon Richardson**, cameras will follow the comedian as he tries to help the community in Fadmoor, North Yorkshire, to renovate local pub, The Plough, which has been closed for 14 years.

Daisy May and Charlie Cooper

The siblings will team up for BBC2's six-part **Daisy May and Charlie Cooper's NightWatch**, which will see them stay overnight in locations around the country that are reputed to be haunted.

Rob Brydon

ITV1's game show **The Floor** will find him overseeing proceedings as quizzers compete against each other to take home £50,000 by working their way through a range of categories laid out across a giant floor.

Sally Phillips

She will star in BBC's 1970s-set six-part daytime drama **The Hairdresser Mysteries** as hairstylist Lily Petal, who leaves the city to start a new salon in a small village, where she helps to unravel a host of local secrets.

Next week *On sale Tuesday 7 October*

The Iris Affair

Sky Atlantic's thriller sees Niamh Algar as a genius on the run from an entrepreneur (Tom Hollander).

Riot Women

Joanna Scanlan and Tamsin Greig star in BBC1's drama about the formation of a punk band.

The Twits

Roald Dahl's tale about a mean husband and wife is brought to life in Netflix's animation.

Murdaugh: Death in the Family

Disney+'s true-crime drama with Jason Clarke and Patricia Arquette.

TV&Satellite week

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"Lone Wolf" Men's Hoodie

Front

Back

Black cotton blend knit with knit-rib cuffs and hem and soft fleece lining

Contrasting grey lining in hood

Striking Al Agnew wolf art printed on the back and embroidered on the front

For Those Who Love The Spirit Of Adventure!

Show your love of intrigue and adventure when you wear our exclusive *'Lone Wolf' Men's Hoodie* featuring the artwork of famed wildlife artist, Al Agnew. Crafted in a machine-washable cotton-blend knit, our hoodie features classic zip-front styling. The front of the hoodie showcases an embroidered silver wolf by Al Agnew. A close-up portrait of Agnew's wolf is printed on the back, standing out in striking contrast to the black knit background. The hoodie has two front pockets, knit rib cuffs and hem, and a soft fleece lining. The hood features contrasting grey lining and silver-toned metal toggles on the cords.

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Accompanied by a Certificate of Authenticity and our famous 120-day guarantee, this jacket is available in sizes M to XXL. It is available for just 3 interest-free instalments of £33.33 – that's only £99.99 (plus £9.99 S&S)*. Pay nothing now – simply complete and return your Priority Order Form today!

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NO MESS...NO FUSS...NO HUGE PRICE TAG!

Transform Your Kitchen

with a little bit of magic...Kitchen Magic!

At Kitchen Magic you will find all the ingredients to create your Dream Kitchen for a lot less than you might think!

It's so easy... **JUST ADD NEW DOORS AND DRAWER FRONTS!**

Everything including the kitchen sink!
Kitchen Magic offers an affordable alternative to a new kitchen with minimal outlay and disruption.

Having a brand-new fitted kitchen can seem like a daunting and expensive prospect, but Kitchen Magic offer a fantastic hassle-free alternative that won't break the bank or leave you living in a building site for weeks on end.

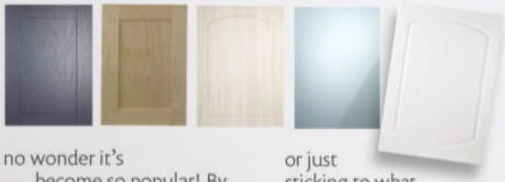
A kitchen makeover rather than a complete re-fitting is the latest trend in cost saving home improvement, and it's no wonder it's become so popular! By replacing only the cupboard doors and drawer fronts and leaving your existing units in place, you can create a brand new looking kitchen without the cost, mess and upheaval that you might have imagined.

Let's be honest, most of us don't really have much scope to completely change the layout of our kitchen; we like our sink in front of the window and in general are bound by existing electrical points, pipe work and doors. So, if it works well the way it is, why change it?

It's the aesthetic elements of the kitchen that tend to bear the brunt of everyday life and suffer the most wear and tear. This means that in most cases, whilst your doors and drawer fronts may be showing their age, your units more than likely have many years of life left in them!

Whether you're opting for a complete design overhaul or just sticking to what you know and love, with over 400 style and colour combinations, Kitchen Magic have a team of regionally based Designers across the UK who are ready to work with you to create the kitchen you've always dreamed of. But it doesn't stop there; Kitchen Magic can also replace your worktops, sinks, taps and appliances to provide those all-important finishing touches. From cost-effective yet surprisingly durable laminate countertops, to top of the range granite and marble.

Over 400 style and colour combinations



A Fresh look kitchen for a lot less than you might think.

Kitchen Magic's vast product range caters to all tastes and budgets. If you're struggling for storage space, take a look at their range of hidden in-cupboard storage solutions to give your kitchen that extra pinch of practicality that you've always wanted.

With all items tailor made to your requirements, you needn't worry about the fit of your new cupboard doors and drawer fronts. Kitchen Magic offer a full and completely bespoke service, from the initial design visit and survey to manufacture at their Midlands base and installation by expert craftsmen. If you're looking to transform your kitchen quickly and effectively, this specialist is the one to choose.

A little magic goes a long way.

Call now for a FREE brochure or no-obligation quote.

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